



CAMERON HOUSE
ON LOCH LOMOND

GROUP EXERCISE TIMETABLE

22nd September - 21st December

2025

DAY	AM CLASSES	TIME	STUDIO	PM CLASSES	TIME	STUDIO
MON	Circuits	0645-0715	Studio 1	Total Body Workout	1800-1845	Studio 1
	Kettlebells	0930-1015	Studio 1			
	Spin	1025-1110	Spin Studio			
	Pilates	1030-1130	Studio 1			
	Tai Chi	1145-1245	Studio 1			
TUE	MetaFit	0645-0715	Studio 1	Strength & Conditioning	1800-1845	Studio 1
	Spin	0930-1015	Spin Studio	Yin Flow Yoga	1930-2030	Studio 1
	Piyo	0930-1015	Studio 1			
	Hatha Flow Yoga	1030-1130	Studio 1			
WED	LesMills BodyPump	0645-0730	Studio 1	Kettlebells	1800-1845	Studio 1
	(V) Les Mills BodyPump	0915-1015	Studio 1	Pilates	1915-2015	Studio 1
	Spin	1030-1115	Spin Studio			
	Pilates	1030-1130	Studio 1			
	Tai Chi	1145-1245	Studio 1			
THU	Spin	0645-0730	Spin Studio	Ying & Yang Yoga	1745-1845	Studio 1
	Strength & Conditioning	0900-0945	Studio 1	Circuits	1800-1845	Studio 1
	Spin	0945-1030	Spin Studio			
	Pilates	1030-1130	Studio 1			
FRI	Kettlebells	0645-0715	Studio 1	Spin	1800-1845	Spin Studio 1
	Circuits	0930-1015	Studio 1			
	Strength & Conditioning	1020-1105	Studio 1			
	Holistic Yoga Flow	1115-1215	Studio 1			
SAT	Circuits	0800-0845	Studio 1			
	LesMills BodyPump	0900-1000	Studio 1			
	Spin	1015-1100	Spin Studio			
SUN	Strength & Conditioning	0800-0845	Studio 1			
	Circuits	0900-0945	Studio 1			

(V) - Virtual

