

GROUP EXERCISE TIMETABLE

CAMERON HOUSE
ON LOCH LOMOND

5th January - 5th April
2026

DAY	AM CLASSES	TIME	STUDIO	PM CLASSES	TIME	STUDIO
MON	HIIT Circuits	0645-0715	Studio 1	Kettlebells	1815-1900	Studio 1
	Strength & Conditioning	0930-1015	Studio 1	Yin & Sound Yoga	1915-2015	Studio 1
	Pilates	1030-1130	Studio 1			
TUE	LesMills Body Combat™	0645-0730	Studio 1	Circuits	1815-1900	Studio 1
	Spin	0930-1015	Spin Studio	Yin Flow Yoga	1930-2030	Studio 1
	Stretch & Strength Yoga	0945-1015	Studio 1			
	Hatha Flow Yoga	1030-1130	Studio 1			
WED	LesMills BodyPump™	0645-0730	Studio 1	Flow Yoga	1200-1300	Studio 1
	HIIT Spin	0900-0930	Studio 1	Strength & Conditioning	1815-1900	Studio 1
	Kettlebells	0930-1015	Studio 1	Pilates	1915-2015	Studio 1
	Pilates	1030-1130	Studio 1			
THU	Spin	0645-0730	Spin Studio	Ying & Yang Yoga	1745-1845	Studio 1
	Legs, Bums & Tums	0930-1015	Studio 1	HIIT Spin	1815-1845	Spin Studio
	Pilates	1030-1130	Studio 1			
FRI	Legs, Bums & Tums	0645-0715	Studio 1	Arms & Abs	1815-1845	Studio 1
	Spin	0930-1015	Spin Studio			
	Hollistic Flow Yoga	1115-1215	Studio 1			
SAT	Arms & Abs	0815-0845	Studio 1			
	LesMills BodyPump™	0900-1000	Studio 1			
	Spin	1015-1100	Spin Studio			
SUN	Circuits	0900-0945	Studio 1			
	Strength & Conditioning	0945-1030	Studio 1			

Book classes via the Cameron House MyWellness App.



CLASS DESCRIPTIONS

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™ is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

Legs, Bums & Tums is a popular fitness class and workout style focusing on toning the glutes (bum), thighs (legs), and abdominals (tums) through a mix of aerobic and strength exercises.

Kettlebells is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as the swing, the clean and the press which will work multiple muscle groups. You will develop strength, muscular endurance, flexibility and cardiovascular conditioning through this ultimate momentum-based workout.

Strength & Conditioning works you through a series of stations where you will experience full body conditioning to give your body an overall workout.

Abs & Arms is a short session focusing on core work, strengthening your arm muscles, and growing your bicep and tricep muscles. Say goodbye to flabs and hello to abs!

Spin& HIIT Spin is the traditional indoor studio cycling experience on a stationary bike. Pedal your way through the ultimate calorie burner with motivational instructors and great tunes to keep you going!

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements. **Circuits:** 45 min version of this class.

Pilates strengthens the body, with an emphasis on core strength. Similar to Yoga, Pilates concentrates on posture, balance and flexibility. In Pilates, the chance of injury is much lower than with other more strenuous forms of exercise. Pilates also focuses on the mind-body connection. While doing the various exercises your mind needs to be constantly aware of your breathing and the way your body moves.

Yoga is a mind and body practice. **Hatha Flow Yoga** involves an hour of breathing, yoga poses, stretching and meditation. In **Power Flow Yoga**, you'll work your whole body from top to toe and may even turn your world upside down! **Yin Flow Yoga** is slower and more meditative than usual, to leave you feeling totally relaxed.