

GROUP EXERCISE TIMETABLE

C A M E R O N H O U S E
O N L O C H L O M O N D

5th January - 5th April
2026

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