



**CAMERON HOUSE**  
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## FESTIVE EXERCISE TIMETABLE

23rd December - 5th January

### Monday 23rd December

Strength and Conditioning | 6.45am -7:15am  
Body Pump | 9.30am-10.30am  
Kettlebells | 6pm-6.30pm  
Yoga | 6.45pm-7.45pm

### Tuesday 24th December

Kettlebells | 8am-8.30am  
Spin | 1pm-1.45pm

### Wednesday 25th December

No classes

### Thursday 26th December

Strength and Conditioning | 9.30am-10.15am  
Circuits | 1pm-1.45pm

### Friday 27th December

Kettlebells | 6.45am-7.15am  
Spin | 9am-9.45am  
Pilates | 11am-12pm  
Strength and Conditioning | 6pm-6.45pm

### Saturday 28th December

HIIT | 8am-8.30am  
Body pump | 9am-10am  
Spin | 10.15am-11am  
Arms and Abs | 4pm-4.30pm

### Sunday 29th December

Kettlebells | 8am-8.30am  
Spin | 9am-9.45am  
Yoga Workshop | 10.30am-12.30pm (Studio)

### Monday 30th December

Strength and Conditioning | 6.45am-7.15am  
Kettlebells | 9:30am-10am  
Yoga | 1pm-2pm  
Legs, Bums and Tums | 6pm-6:30pm  
Spin | 6:45pm-7:30pm

### Tuesday 31st December

Kettlebells | 8am-8:30am  
Circuits | 9am-9:45am  
Yoga - 11am-12pm

Book classes via the Cameron House MyWellness App by scanning the unique QR code



Access code: cameron  
(all lower case)





### **Wednesday 1st January**

HIIT Spin | 1pm-1.30pm

Circuits | 2pm-2.45pm

### **Thursday 2nd January**

Yoga | 1pm-2pm

Spin | 6:45pm-7:30pm

Boxing | 7-7:45pm

### **Friday 3rd January**

Legs, Bums and Tums | 6:45am-7:15am

Yoga | 11am-12pm

Strength and Conditioning | 6pm-6:45pm

Kettlebells | 7pm-7:30pm

### **Saturday 4th January**

Strength and Conditioning | 8am-8:45am

Pilates | 10am-11am

### **Sunday 5th January**

Kettlebells | 8am-8:30am

Yoga Workshop | 10.30am-12.30pm

Normal classes resume on Monday 6th of January

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