



*The*  
*Stirling Highland*  
HOTEL

STIRLINGSHIRE

*Join us*  
**AT OUR LEISURE CLUB**

**[WWW.STIRLINGHIGHLANDHOTEL.CO.UK](http://WWW.STIRLINGHIGHLANDHOTEL.CO.UK)**

Stirling Highland Hotel, 29 Spittal Street, Stirling, FK8 1DU

The  
*Stirling Highland*  
HOTEL

STIRLINGSHIRE

## STUDIO TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
AQUA 9.30-10am	BOOTCAMP 7-7.45am	AQUA 9.30-10am	SPIN 7-7.45am	BOOTCAMP 6.45-7.30am	BOOTCAMP 8.30-9.15am	
BODY COND 10.30-11.15am	STEP 10-10.45am	POWER STEP 10.30-11.15am	YOGA 10.15-11.15am	AQUA 9.30-10am	YOGA 9.15-10.15am	
CARDIO SCULPT 6-6.45pm	YOGA 5-6pm		BODY COND 12.30-1.15pm	BODY BAR 10.30-11.15am		
SPIN 6-6.45pm	BODY BAR 6-6.45pm	WALK & TONE 5.15-6pm	SPIN 6-6.45pm	BOOTCAMP 4.30-5.15pm		
CIRCUITS 6.45-7.30pm		BARBELL FIT 6-6.45pm	PARTNER WORK 6-6.45pm	CARDIO COND 6-6.45pm		

All classes are reviewed after 3 months, numbers dependant.

Please pre-book ALL classes with the team.

### CONTACT US

E: [leisure@stirlinghighlandhotel.co.uk](mailto:leisure@stirlinghighlandhotel.co.uk) T: 01786 272720

[www.stirlinghighlandhotel.co.uk](http://www.stirlinghighlandhotel.co.uk)