

# Virtual Timetable 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am Sprint (30 mins)	6:45am Sprint (30 mins)	6:45am Body Pump (60 mins)	6:45am Sprint 28 (30)	6:45am Sprint (30 mins)	6:45am Body Combat (60 mins)	6:45am The Trip (45 mins)
8:00am Trip (40 mins)	6:45am Body Pump (60 mins)	8:00am Sprint (30 mins)	6:45am Body Pump (60 mins)	8:00am Sprint 26 (45 mins)	8:00am RPM (30 mins)	6:45am Body balance 60 mins
8:15am Core (30 mins)	8:00am RPM (45 mins)	8:15am Grit Cardio (30 mins)	8:00am Trip (45 mins)	8:15am Grit Cardio (30 mins)	8:00am Grit Cardio (30 mins)	8:00am Sh'bam (45 Mins)
	8:00am Grit Cardio (30 mins)	10:30am RPM (30 mins)	8:15am Core (30 mins)	9:40am Sprint 32 (30mins)	10:30am The Trip (45 mins)	9:00am RPM (30 mins)
10:30am Trip (40 mins)	10:30am Sprint (30 mins)	11:30am Sprint (30 mins)	10:30am RPM (30 mins)	11:30am Sprint (30 mins)	11:30am Body Pump (60 mins)	11:00am Sprint (30 mins)
11:30am Sprint (30 mins)	11:15am Core (30 mins)	11:30am Sh'bam (40 mins)	11:15am Core (30 mins)	11:35am Grit Cardio (30 mins)	12:30pm Core (30 mins)	8:00am Core (30 mins)
12:30pm Trip (45 mins)	11:30am RPM (45 mins)	12:30pm RPM (45 mins)		12:30pm RPM 99 (45 mins)	12:45pm Trip (40 mins)	11:30am RPM (30 mins)
1:00pm Sh'bam (40 mins)	12:30pm Sprint (30 mins)	1:00pm Body Combat (50 mins)	12:30pm Trip (45 mins)	12:30pm Body Pump (45 mins)	1:00pm Body Pump (60 mins)	11:30am Sh'bam (45 mins)
2:00pm RPM (45 mins)	1:00pm Body Balance (60 mins)	1:45pm RPM (30 mins)	1:00pm Body Pump (60 mins)		1:30pm RPM (45 mins)	12:15am Trip (40 mins)
2:30pm Body Combat (60 mins)	2:00pm Trip (45 mins)	2:30pm Body Pump (60 mins)	2:00pm Sprint (30 mins)	2:30pm Core (30 mins)	2:00pm The Trip (45Mins)	1:15am Body Pump (40 mins)
3:30pm Trip (40 mins)	2:30pm Core (45 mins)	3:30pm Trip (45 mins)	3:10pm Sh'bam (45 mins)	3:30pm Sprint (30 mins)	2:35pm Trip (40 mins)	2:00pm Trip (45 mins)
4:00pm Core (40 mins)	3:30pm RPM (45 mins)		3:30pm RPM (45 mins)	4:00pm Body Combat (45 mins)	3:30pm Sprint (30 mins)	2:30pm Core (45 mins)
5:00pm Sprint (30 mins)	4:00pm Sh'bam (45 mins)	5:00pm RPM (30 mins)	4:00pm Grit Cardio (30 mins)	4:15pm RPM (30 mins)	4:00pm Body Balance (60 mins)	3:30pm Sprint (45 mins)
	5:00pm Sprint (30 mins)	5:00pm Bodybalance 45 mins	7:00pm Sprint 32 (30 mins)	5:00pm Sprint (30 mins)	5:00pm RPM (30 mins)	5:00pm RPM (30 mins)
8:00pm Sprint (30 mins)	5:30pm Grit Cardio (30 mins)	8:30pm Sprint (30 mins)	7:00pm RPM (45 mins)	5:00pm Body Combat (40 mins)	5:30pm Body Pump (60 mins)	4:00pm Sh'bam (45 mins)
8:45pm Bodypump (45 mins)	7:00pm Trip (40 mins)	8:45pm Bodypump (45 mins)	7:15pm Core (30 mins)	5:45pm Body Balance (45 mins)		5:00pm Sprint (30 mins)
	8:30pm Sprint (30 mins)		8:30pm RPM (45 mins)	7:00pm Trip (45 mins)	7:00pm Sh'bam (45 mins)	6:00pm RPM (30 mins)
8:45pm Body pump (45 mins)			8:45pm Bodypump (45 mins)	8:00pm Sh'bam (40 mins)	7:00pm RPM (45 mins)	6:15pm Body Pump (30 mins)
				8:30pm Sprint (30 Mins)		7:00pm Body Combat (45 mins)
						7:00pm The Trip (45 mins)



THE BELFRY

CLUB & SPA