GROUP EXERCISE CLASSES

2019 TIMETABLE

THE BELFRY CLUB & SPA

MONDAY

CYCLE	STUDIO
V CYCLE 06:45–07:30 *Gym Team*	
CYCLING 09:30–10:00 *Rachel*	BOXFIT BOOTCAMP 10:00–10:45 *Rachel*
	PILATES 11:00–12:00 *Annette*
	PILATES 12:00–13:00 *Annette*
RPM 18:00–18:45 *Rachel*	METAFIT 18:00–18:30 *Nicole*
	CORE CLASS 18:30–17:00 *Nicole*
CYCLING 19:00–19:30 *Nicole*	BODYPUMP 19:00–20:00 *Rachel*

TUESDAY

CYCLE	STUDIO
	BOOTCAMP 07:00–07:45 *Chris*
AQUA: POOL 08:00–08:30 *Chris*	
CYCLING 09:30–10:00 *Lyn*	CORE CLASS 09:30–10:00 *Gym Team*
	STUDIO STRENGTH 10:00–10:45 *Lyn*
	HATHA YOGA 11:00–12:00 *Lyn*
INDOOR CYCLE 18:00–18:45 *Nicole*	GRIT 18:00–18:30 *Rachel*
	BOXFIT BOOTCAMP 18:45–19:30 *Nicole*
RPM 19:00–19:45 *Rachel*	BODY BALANCE 19:30–20:00 *Nicole*

WEDNESDAY

CYCLE	STUDIO
INDOOR CYCLE 06:45–07:30 *Dan*	
AQUA: POOL 08:00–08:30 *Dan*	
CYCLING 09:30–10:00 *Lyn*	GRIT 09:30–10:00 *Rachel*
RPM 10:00–10:45 *Rachel*	CIRCUITS 10:00–10:45 *Lyn*
	FITNESS YOGA 11:00–12:00 *Lyn*
INDOOR CYCLE 18:00–18:30 *Chris*	ZUMBA 18:00–18:45 *Becky*
INDOOR CYCLE 18:30–19:15 *Hannah*	GRIT 19:00–19:30 *Rachel*
AQUA: POOL 19:30–20:00 *Hannah*	BODYPUMP 19:30–20:15 *Rachel*

THURSDAY

CYCLE	STUDIO
	ENERGISING YOGA FLOW 06:45–07:30 *Jennie*
INDOOR CYCLE 09:30–10:00 *Hannah*	STUDIO STRENGTH 09:30–10:00 *Nicole*
INDOOR CYCLE 10:00–10:30 *Nicole*	LEGS, BUMS & TUMS 10:00–10:45 *Hannah*
	HIITSTEP 10:45–11:15 *Gym Team*
	PILATES 11:30–12:30 *Annette*
	METAFIT 18:00–18:30 *Gym Team*
	HATHA YOGA 18:30–19:30 *Sandra*
CYCLING 19:00–19:45 *Lyn*	
	ABS & FLEX 19:45–20:15 *Lyn*

FRIDAY

CYCLE	STUDIO
CYCLING 06:45–07:15 *Nicole*	
	HIIT CIRCUIT 07:30–08:00 *Nicole*
INDOOR CYCLE 09:30–10:15 *Chris*	CIRCUITS 09:30–10:30 *Rachel*
	BODYPUMP 10:30–11:30 *Rachel*
	PILATES 11:30–12:30 *Annette*
CYCLING 18:00–18:30 *Rachel*	CHI YOGA 18:15–19:15 *Ron*

SATURDAY

CYCLE	STUDIO
	LEGS, BUMS & TUMS 08:30–09:15 *Gym Team*
CYCLING 09:45–10:30 *Rachel*	ZUMBA 09:30–10:30 *Becky*
	GRIT 10:45–11:15 *Rachel*

SUNDAY

CYCLE	STUDIO
V CYCLE 09:00–09:30 *Gym Team*	
	YOGA FLOW 09:30–10:30 *Jennie*
	HIITSTEP 11:00–11:30 *Gym Team*
	CORE CLASS 11:30–12:00 *Gym Team*

KEY FOR INSTRUCTOR CLASSES:

- HOLISTIC/YOGA/PILATES
- INDOOR CYCLING
- AQUA AEROBICS (in the pool)
- ZUMBA/DANCE
- CORE STRENGTH
- CIRCUITS/BOOTCAMP/BOXING
- STRENGTH/TONING/WEIGHTS
- INTERVAL TRAINING/HIIT

VIRTUAL CLASS TIMETABLE

2019

THE BELFRY CLUB & SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL CYCLE CLASSES	**VIRTUAL CYCLE CLASSES**	**VIRTUAL CYCLE CLASSES**	**VIRTUAL CYCLE CLASSES**	**VIRTUAL CYCLE CLASSES**	**VIRTUAL CYCLE CLASSES**	**VIRTUAL CYCLE CLASSES**
	RPM 06:45–07:30		RPM EXPRESS 06:45–07:15		SPRINT 07:00–07:30	RPM EXPRESS 07:00–07:30
RPM 08:00–08:45	SPRINT 08:00–08:30	RPM EXPRESS 08:00–08:30	RPM 08:00–08:45	SPRINT 08:00–08:30	RPM 08:00–08:45	RPM 08:00–08:45
				RPM EXPRESS 08:45–09:15		
RPM 10:30–11:15	RPM 10:30–11:15			RPM EXPRESS 10:30–11:00	RPM EXPRESS 11:00–11:30	RPM 10:30–11:15
SPRINT 12:00–12:30	RPM 12:00–12:45	RPM EXPRESS 12:00–12:30	RPM 12:00–12:45	RPM 12:00–12:45	RPM 12:00–12:45	RPM 12:00–12:45
RPM EXPRESS 13:30–14:00	SPRINT 13:30–14:00	RPM 13:30–14:15	RPM 13:30–14:15	RPM 13:30–14:15	SPRINT 13:00–13:30	RPM EXPRESS 13:00–13:30
RPM 15:00–15:45	RPM 15:00–15:45	SPRINT 15:00–15:30	RPM 15:00–15:45	RPM EXPRESS 15:00–15:30	RPM 14:00–14:45	RPM 14:00–14:45
RPM 16:30–17:15	RPM 16:30–17:15	RPM EXPRESS 16:30–17:00	RPM 16:30–17:15	SPRINT 16:30–17:00	RPM EXPRESS 15:00–15:30	SPRINT 15:00–15:30
			RPM 17:30–18:15		RPM 16:00–16:45	RPM 16:00–16:45
				RPM EXPRESS 19:15–19:45	RPM 17:00–17:45	RPM 17:00–17:45
RPM 20:00–20:45	RPM EXPRESS 20:00–20:30	RPM 20:00–20:45	SPRINT 20:00–20:30	RPM 20:00–20:45	RPM 18:00–18:45	RPM 18:00–18:45
					RPM 19:00–19:45	RPM 19:00–19:45
VIRTUAL STUDIO CLASSES	**VIRTUAL STUDIO CLASSES**	**VIRTUAL STUDIO CLASSES**	**VIRTUAL STUDIO CLASSES**	**VIRTUAL STUDIO CLASSES**	**VIRTUAL STUDIO CLASSES**	**VIRTUAL STUDIO CLASSES**
BODYPUMP 06:45–07:45		GRIT CARDIO 06:45–07:15		COMBAT 06:45–07:15	BODYPUMP 06:45–07:45	GRIT CARDIO 06:45–07:15
	BALANCE 08:00–09:00	SH'BAM 07:45–08:30	BODYPUMP 07:45–08:30			COMBAT 07:30–08:00
COMBAT 08:00–08:30		CXWORX 08:45–09:15	COMBAT 08:45–09:15	GRIT CARDIO 08:15–08:45		BODYPUMP 08:00–09:00
SH'BAM 09:00–09:45	COMBAT 12:30–13:00					
	SH'BAM 13:15–13:45	SH'BAM 12:30–13:15	BODYPUMP 12:45–13:45		BALANCE 11:30–12:30	BODYPUMP 12:15–13:15
GRIT CARDIO 13:15–13:45	BODYPUMP 14:00–15:00	BODYPUMP 13:15–14:15	CXWORX 13:45–14:15	BALANCE 13:00–14:00	COMBAT 12:45–13:45	BALANCE 13:15–13:45
COMBAT 14:00–15:00	BALANCE 15:15–16:15	GRIT CARDIO 14:30–15:00	BALANCE 14:30–15:00	BODYPUMP 14:00–15:00	BODYPUMP 13:45–14:45	SH'BAM 14:00–14:45
SH'BAM 15:15–16:00	CXWORX 16:30–17:00	BODYPUMP 15:15–16:15	COMBAT 15:15–16:15	SH'BAM 15:15–16:30	SH'BAM 15:00–15:30	CXWORX 15:00–15:30
BODYPUMP 16:45–17:45	SH'BAM 17:15–17:45	COMBAT 16:30–17:30	BODYPUMP 16:15–17:15	COMBAT 16:15–17:15	CXWORX 15:45–16:15	GRIT CARDIO 16:00–16:30
				CXWORX 17:15–17:45	COMBAT 16:45–17:45	BODYPUMP 16:45–17:45
				BODYPUMP 19:30–20:00	BODYPUMP 18:00–19:00	COMBAT 18:00–19:00
BALANCE 20:10–20:40				BALANCE 20:10–20:40	BALANCE 19:00–20:00	BALANCE 19:00–20:00

FOR INFORMATION AND A DESCRIPTION OF THE LES MILLS RPM, SPRINT, BODYPUMP, BODY BALANCE, BODY COMBAT, SH'BAM, CXWORX AND GRIT CARDIO VIRTUAL CLASSES PLUS ALL THE INSTRUCTOR CLASSES ON THE MAIN CLASS TIMETABLE, PLEASE REFER TO THE CLASS NOTICEBOARD