

BELFRY LEISURE CLUB CLASS TIMETABLE - Commencing 27.07.2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LIVE	VIRTUAL	LIVE	VIRTUAL	LIVE	VIRTUAL	LIVE	VIRTUAL	LIVE	VIRTUAL	LIVE	VIRTUAL	LIVE	VIRTUAL
YOGA HIIT Sally 06.45-07.30	RPM 06.45-07.15	CYCLING Chris 06.45-07.15	BODYPUMP 06.45-07.45	YOGA Jennie C 06.45-07.30	RPM 06.45-07.15	CYCLING Chris 06.45-07.15	BODYPUMP 06.45-07.45	CYCLING Laura 06.45-07.15			SPRINT 07.00-07.30		RPM 07.00-07.30
	RPM 08.00-08.30		SPRINT 08.00-08.30		RPM 08.00-08.30		RPM 08.00-08.30	BOOTCAMP Laura 07.30-08.00	SPRINT 08.00-08.30		BODYPUMP 07.00-08.00		B COMBAT 07.00-08.00
	CXWORX 08.30-09.00		GRIT CARDIO 08.30-09.00		CXWORX 08.30-09.00		GRIT CARDIO 08.30-09.00		CXWORX 08.30-09.00	ZUMBA Becky 09.00-09.45	RPM 08.15-08.45	BOOTCAMP Dan 09.00-09.30	RPM 08.30-09.15
CYCLING Rachel 09.30-10.00		CYCLING Lyn 09.30-10.00		CYCLING Laura 09.30-10.00		CYCLING Lyn 09.30-10.00		CYCLING Rachel 09.30-10.00		CYCLING Rachel 09.45-10.30		YOGA Jennie C 09.45-10.45	
B COMBAT Rachel 10.15-11.00	RPM 10.30-11.15	STRENGTH Lyn 10.15-11.00	RPM 10.30-11.15	LBT Laura 10.15-11.00	RPM 10.30-11.15	BOOTCAMP Lyn 10.15-11.00	SPRINT 10.30-11.00	CIRCUITS Rachel 10.15-11.00	RPM 10.30-11.15	GRIT CARDIO Rachel 10.45-11.15			RPM 10.30-11.15
B BALANCE Jenny B 11.15-12.15		YOGA Lyn 11.15-12.15		B BALANCE Jenny B 11.15-12.15		PILATES Annette 11.15-12.15		PILATES Annette 11.15-12.15		B BALANCE Jenny B 11.30-12.30			GRIT CARDIO 11.45-12.15
	SPRINT 12.30-13.00		RPM 12.30-13.15		SPRINT 12.30-13.00		RPM 12.30-13.15		RPM 12.30-13.15		RPM 12.30-13.15		SPRINT 12.30-13.00
	GRIT CARDIO 13.30-14.00		COMBAT 13.30-14.30		SH'BAM 13.30-14.15		BODYPUMP 13.30-14.30		B BALANCE 13.30-14.30		B COMBAT 13.30-14.30		BODYPUMP 13.30-14.30
	RPM 14.30-15.15		SPRINT 14.30-15.00		RPM 14.30-15.15		RPM 14.30-15.15		RPM 14.30-15.15		RPM 14.30-15.15		RPM 14.30-15.15
	SH'BAM 15.30-16.15		B BALANCE 15.30-16.30		GRIT CARDIO 15.30-16.00		B COMBAT 15.30-16.30		BODYPUMP 15.30-16.30		CXWORX 15.30-16.00		SH'BAM 15.30-16.15
	SPRINT 16.30-17.00		RPM 16.30-17.00		RPM 16.30-17.15		RPM 16.30-17.15		SPRINT 16.30-17.00		RPM 16.30-17.15		RPM 16.30-17.15
CYCLING Laura 18.00-18.30		CYCLING Rachel 18.00-18.30		ZUMBA Becky 18.00-18.45		YOGA Sandra 18.00-18.45		YOGA Ron 18.00-19.00	RPM 18.15-18.45		BODYPUMP 17.30-18.30		B BALANCE 17.30-18.30
BOXFIT Laura 18.45-19.15		GRIT CARDIO Rachel 18.45-19.15		CYCLING Hannah 18.45-19.15		CYCLING Lyn 18.45-19.15					RPM 18.30-19.15		RPM 18.30-19.15
CORE BLAST Laura 19.30-20.00	RPM 19.30-20.15	B BALANCE Jenny B 19.30-20.30	RPM 19.30-20.15	LBT Hannah 19.30-20.15		CORE & FLEX Lyn 19.30-20.15			RPM 19.45-20.30				
	B BALANCE 20.45-21.30				RPM 20.15-21.00		SPRINT 20.15-20.45		BODYPUMP 20.00-21.00				

BLUE = Cycling Classes (Cycle Studio). **ORANGE** = Fitness Classes ie cardio, weights, intervals (Exercise Studio). **GREEN** = Holistic Classes ie yoga, pilates (Exercise Studio).