

SPIN STUDIO

MONDAY

06:15 - 07:00
09:30 - 10:15
18:00 - 18:45
18:45 - 19:25

TUESDAY

06:15 - 07:00
09:30 - 10:15
18:00 - 18:45
19:00 - 19:45

WEDNESDAY

09:30 - 10:15
10:15 - 11:00
18:00 - 18:45

THURSDAY

06:15 - 07:00
09:30 - 10:15
10:30 - 11:15
18:00 - 18:45
19:00 - 19:45

FRIDAY

06:15 - 07:00
09:30 - 10:15
18:00 - 18:45

SATURDAY

09:30 - 10:15

SUNDAY

09:30 - 10:15
10:15 - 11:00



THE CLUB
AT THE BELFRY

STUDIO 2

MONDAY

07:00 - 7:30	CORE STRENGTH
09:30 - 10:05	METAFIT
10:00	GYM FLOOR CIRCUITS
10:20 - 11:05	LBT
11:00	GYM FLOOR CIRCUITS
17:00	GYM FLOOR KETTLE BELL TRAINING
17:30 - 18:30	BODY PUMP
18:45 - 19:15	HIIT
19:30 - 20:05	FUNCTIONAL STRENGTH

TUESDAY

09:30 - 10:15	STRENGTH & TONE
10:00	GYM FLOOR CIRCUITS
10:15 - 10:45	HIITSTEP
11:15 - 12:00	LOW INPACT BODY CONDITIONING
17:30 - 18:15	CIRCUITS
18:15 - 18:45	FUNCTIONAL STRENGTH
18:50 - 19:20	GRIT STENGTH
19:25 - 20:10	BODY COMBAT

WEDNESDAY

09:30 - 10:10	CIRCUITS
10:20 - 11:00	STUDIO STRENGTH
11:00 - 12:00	GYM FLOOR CIRCUITS
11:15 - 12:00	STEPS
17:00 - 17:30	GYM FLOOR KETTLE BELL TRAINING
17:45 - 18:30	ZUMBA
18:50 - 19:35	FUNCTIONAL STRENGTH
19:40 - 20:10	METAFIT

THURSDAY

07:00 - 7:30	CORE STRENGTH
9:30 - 10:15	LBT
10:00	GYM FLOOR CIRCUITS
10:20 - 11:00	BODY BLAST
11:00	GYM FLOOR CIRCUITS
11:00 - 11:45	LOW IMPACT BODY CONDITIONING
17:30 - 18:15	BOXFIT

FRIDAY

07:00 - 07:30	ABS BLAST
09:00 - 09:30	GYM FLOOR CLASS
09:30 -09:45	CIRCUITS
10:25 - 11:10	BODY CONDITIONING
11:30 - 12:15	GYM FLOOR CLASS
18:45 - 19:30	BODY PUMP

SATURDAY

08:45 - 9:015	GRIT STRENGTH
09:30 - 10:15	ZUMBA
10:00	GYM FLOOR CIRCUITS/KETTLE BELLS
10:15 - 11:15	BODY COMBAT

SUNDAY

09:00 - 10:00	BODY PUMP
10:15 - 11:00	LBT
11:00	GYM FLOOR CIRCUIT
11:30 - 12:00	GYM FLOOR KETTLE BELL TRAINING
11:00 - 11:30	METAFIT
11:00 - 11:30	HITSTEP



STUDIO 4

MONDAY

09:30 - 10:20	BODY BALANCE
10:30 - 11:30	YOGA STRETCH & FLEX
12:00 - 13:00	NOURISH & REVIVE
18:00 - 19:15	YOGA FLOW
19:20 - 20:05	YIN & RESTORE

TUESDAY

10:20 - 11:20	YOGA FLOW
11:25 - 12:15	HATHA YOGA
18:30 - 19:15	FOUNDATION YOGA

WEDNESDAY

06:45 - 07:30	HATHA YOGA
9:30 - 10:15	PARENT AND BABY CLASS
10:20 - 11:00	BODY BALANCE
11:15 - 12:00	HATHA YOGA
18:00 - 19:00	BODY BALANCE
19:00 - 20:00	HOLLISTIC

THURSDAY

06:45 - 07:30	HATHA YOGA
10:15 - 11:00	MOTION PILATES
11:15 - 12:00	PILATES NATURAL
18:15 - 19:00	HATHA YOGA

FRIDAY

09:15 - 10:10	PILATES
10:15 - 11:00	HATHA YOGA
16:30 - 17:30	NOURISH & REVIVE

SATURDAY

07:30 - 08:15	YOGA FLOW
08:30 - 09:30	YOGA FLOW
10:30 - 11:15	BODY BALANCE

SUNDAY

09:00 - 10:00	GENTLE YOGA
10:15 - 11:00	HATHA YOGA



THE CLUB
AT THE BELFRY