SPIN STUDIO

EST 1960
THE CLUB
AT THE BELFRY

MONDAY

Interval Cycle	06:05 - 06:45
Cycle Power & Strength	09:40 - 10:25
Cycle Power	18:30 - 19:15
Foundation Cycle	19:20 - 19:50

TUESDAY

Power Cycle	09:35 - 10:15
Cycle Speed & Strength	09:30 - 10:15

THURSDAY

Rise & Ride Cycle	06:15 - 07:00
Rhythm Ride	09:25 -10:10

FRIDAY

Spin	06:15 - 07:00
Family Spin	16:30 - 17:15
Interval Cycle	18:30 - 19:05

SATURDAY

Cycle Speed & Strength	09:30 - 10:15

SUNDAY

Cycle Speed & Strength	10:15 - 11:00
Family Spin	12:00 - 12:45

STUDIO 2

EST 1960

THE CLUB
AT THE BELFRY

MONDAY

Body Pump Heavy	06:45 - 07:15
LBT	09:35 - 10:25
Body Conditioning	10:30 - 11:15
Sculpt	12:30 - 13:15
Body Pump	17:30 - 18:30
Grit Strength	18:40 - 19:10
Abs Blast	19:15 - 19:45

TUESDAY

Work Out Of The Day	06:15 - 07:00
Sculpt	07:15 - 8:00
Strength & Tone	09:30 - 10:15
HIIT Blast	10:20 - 10:50
Strength & Mobility	11:00 - 11:45
Circuits	17:15 - 17:45
Core Strength	17:45 - 18:15
Grit Strength	18:35 - 19:05
Body Combat	19:15 - 20:00

WEDNESDAY

HIIT	06:05 - 06:45
Core Conditioning	07:00 - 07:30
Circuits	09:30 - 10:15
Sculpt X	10:20 - 11:00
Zumba	17:45 - 18:30
LBT	18:40 - 19:20
Abs Blast	19:25 - 20:05

THURSDAY

LBT	09:30 - 10:15
Core Conditioning	10:15 - 10:45
Prime Strength	11:00 - 11:45
HIIT Core	12:30 - 13:00
LBT	18:00 - 18:45

FRIDAY

Circuits	09:30 - 10:15
Body Conditioning	10:20 - 11:10
Body Pump Heavy	17:30 - 18:25

SATURDAY

Grit Strength	08:45 - 09:15
Zumba	09:30 - 10:15
Body Combat	10:25 - 11:10

SUNDAY

Body Pump	09:00 - 10:00
LBT	11:00 - 11:45

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

THE CLUB
AT THE BELFRY
EST 1960

REFORMER PILATES

MONDAY

Reformer Foundations	09:45 - 10:15
Reformer Pilates	10:30 - 11:30
Reformer Foundations	18:15 - 18:45
Reformer Pilates	19:00 - 20:00

TUESDAY

Reformer Pilates	10:30 - 11:30
Reformer Foundations	17:30 - 18:00
Reformer Pilates	18:15 - 19:15

WEDNESDAY

Reformer Pilates	10:30 - 11:30
Reformer Pilates	18:00 - 19:00
Reformer Foundations	19:15 - 19:45

THURSDAY

Reformer Pilates	09:30 - 10:30
Reformer Foundations	10:45 - 11:15
Reformer Pilates	18:30 - 19:30

FRIDAY

Reformer Pilates	10:15 - 11:15

SATURDAY

Reformer Pilates	09:30 - 10:30
Reformer Foundations	10:40 - 11:10

SUNDAY

Reformer Pilates	08:30 - 9:30
Reformer Pilates	09:45 - 10:45

STUDIO 4

THE CLUB
AT THE BELFRY
EST 1960

MONDAY

Mat Pilates	09:30 - 10:20
Yoga Stretch & Flex	10:30 - 11:30
Hatha Yoga	18:00 - 18:45
Yin & Restore	19:00 - 20:00

TUESDAY

Mat Pilates	07:15 - 08:00
Power Yoga	09:25 - 10:15
Yoga Flow	10:20 - 11:05
Power & Flow Yoga	17:30 - 18:15
Foundation Yoga	18:30 - 19:15

WEDNESDAY

Yoga Nourish	06:45 - 07:30
Parent & Baby	09:30 - 10:15
Body Balance	10:30 - 11:15
Hatha Yoga	11:30 - 12:15
Body Balance	17:45 - 18:45
Fitness Pilates	19:00 - 19:45

THURSDAY

Hatha Yoga	06:45 - 07:30
Pilates Flow	10:15 - 11:00
Plates Natural	11:15 - 12:00
Release & Restore Yin Yoga	18:00 - 18:45
Mat Pilates	19:00 - 19:45

FRIDAY

Pilates	09:15 - 10:10
Hatha Yoga	10:30 - 11:15

SATURDAY

Yoga Flow	07:30 - 08:15
Yoga Flow	08:30 - 09:30
Body Balance	10:30 - 11:15
Body Balance	12:00 - 12:45

SUNDAY

Yoga Flow	09:00 - 10:00
Hatha Yoga	10:15 - 11:00
Stretch & Support	16:00 - 16:45

THE POOL

EST 1960
THE CLUB
AT THE BELFRY

AQUA AEROBICS CLASSES

MONDAY
19:30 - 20:15

TUESDAY
08:30 - 09:15

WEDNESDAY
09:15 - 10:00

THURSDAY
07:15 - 08:00

FRIDAY
09:15 - 10:00

SATURDAY
09:15 - 10:00

HYROX CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

THE CLUB
AT THE BELFRY
EST 1960

SPORTS HALL

MONDAY

HYROX	18:15 - 19:15

TUESDAY

LBT	17:30 - 18:15
Boxercise	18:15 - 19:00

WEDNESDAY

HYROX	17:30 - 18:30

THURSDAY

HYROX 18:00 - 19:00

HYROX Foundations 19:00 - 20:00

SUNDAY

HYROX 08:00 - 09:00