

SPIN STUDIO

MONDAY

06:15 - 07:00
09:30 - 10:15
18:00 - 18:45
18:50 - 19:35

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

06:15 - 07:00
17:45 - 18:30

SATURDAY

09:30 - 10:15

SUNDAY

10:15 - 11:00



THE CLUB
AT THE BELFRY

STUDIO 2

MONDAY

07:05 - 7:35	GRIT STRENGTH
09:30 - 10:15	LBT
10:20 - 11:05	BODY CONDITIONING
17:35 - 18:35	BODY PUMP
18:45 - 19:15	ABS BLAST
19:40 - 20:10	GRIT STRENGTH

TUESDAY

07:05 - 07:45	STUDIO STRENGTH
09:30 - 10:15	STRENGTH & TONE
10:15 - 11:00	HIITSTEP
11:00 - 11:45	LOW IMPACT BODY CONDITIONING
17:15 - 17:45	CIRCUITS
17:45 - 18:15	CORE STRENGTH
18:50 - 19:20	GRIT STRENGTH
19:25 - 20:10	BODY COMBAT

WEDNESDAY

09:30 - 10:15	CIRCUITS
10:20 - 11:00	STUDIO STRENGTH
17:45 - 18:30	ZUMBA
18:50 - 19:35	LBT
19:40 - 20:10	METAFIT

THURSDAY

9:30 - 10:15	LBT
11:20 - 11:45	LOW IMPACT BODY CONDITIONING
17:30 - 18:00	HIITSTEP
18:00 - 18:45	LBT
18:50 - 19:35	STEP

FRIDAY

09:30 - 10:15	CIRCUITS
10:20 - 11:10	BODY CONDITIONING
17:45 - 18:30	GLUTE CAMP
18:40 - 19:40	BODY PUMP HEAVY

SATURDAY

08:45 - 09:15	GRIT STRENGTH
09:30 - 10:15	ZUMBA
10:20 - 11:20	BODY COMBAT

SUNDAY

09:00 - 10:00	BODY PUMP
11:00 - 11:45	LBT



THE CLUB

AT THE BELFRY

REFORMER PILATES

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

MONDAY

18:00 - 18:45
19:00 - 19:45

TUESDAY

09:30 - 10:15
10:30 - 11:15
18:15 - 19:00
19:20 - 20:05

WEDNESDAY

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

THURSDAY

09:20 - 10:05
10:15 - 11:00

FRIDAY

10:15 - 11:00

SATURDAY

08:30 - 09:15
09:30 - 10:15

SUNDAY

08:30 - 09:15
09:30 - 10:15



THE CLUB
AT THE BELFRY

STUDIO 4



THE CLUB
AT THE BELFRY

MONDAY

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

TUESDAY

10:20 - 11:05	YOGA FLOW
11:15 - 12:00	YOGA FLOW
18:30 - 19:15	FOUNDATION YOGA

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

THE POOL

AQUA AEROBICS CLASSES



MONDAY

10:30 - 11:15

19:30 - 20:15

TUESDAY

08:00 - 08:45

WEDNESDAY

11:00 - 11:45

THURSDAY

07:30 - 08:15

HYROX CLASSES



THURSDAY

18:15 - 19:15

SUNDAY

09:45 - 10:45

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

GYM FLOOR



MONDAY

12:00 - 12:30 IGNITE CIRCUITS

FRIDAY

08:30 - 09:00 PULSE CIRCUITS

SUNDAY

12:00 - 12:30 STRENGTH CAMP