

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
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

10:15 - 11:00



STUDIO 2

MONDAY

07:00 - 7:30	ABS BLAST
09:30 - 10:15	LBT
10:20 - 10:50	METAFIT
17:35 - 18:35	BODY PUMP
18:45 - 19:15	HIIT
19:40 - 20:10	GRIT STRENGTH

TUESDAY

09:30 - 10:15	STRENGTH & TONE
10:15 - 10:45	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 SRTENGTH
19:25 - 20:10	BODY COMBAT

WEDNESDAY

09:30 - 10:15	CIRCUITS
10:20 - 11:00	STUDIO STRENGTH
11:15 - 12:00	STEP AEROBICS
17:45 - 18:30	ZUMBA
18:50 - 19:35	LBT
19:40 - 20:10	METAFIT

THURSDAY

07:00 - 7:30	CORE STRENGTH
9:30 - 10:15	LBT
10:15 - 10:45	BODY BLAST
11:00 - 11:45	LOW IMPACT BODY CONDITIONING
17:30 - 18:15	BOXERCISE
18:15 - 18:45	HIITSTEP
19:00 - 19:30	ABS BLAST

FRIDAY

07:00 - 07:30	ABS BLAST
09:30 - 10:15	CIRCUITS
10:20 - 11:10	BODY CONDITIONING
18:50 - 19:35	BODY PUMP

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
10:15 - 11:00	LBT
11:00 - 11:30	METAFIT
11:30 - 12:00	HIITSTEP



THE CLUB
AT THE BELFRY

REFORMER PILATES

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

MONDAY

09:20 - 10:05
10:15 - 11:00
11:15 - 12:00
18:00 - 18:45
19:00 - 19:45

TUESDAY

09:20 - 10:05
11:20 - 12:05
18:15 - 19:00
19:20 - 20:05

WEDNESDAY

09:20 - 10:05
10:30 - 11:15
11:30 - 12:15
18:00 - 18:45
19:00 - 19:45

THURSDAY

08:00 - 08:45
10:15 - 11:00
17:30 - 18:15
18:45 - 19:00

FRIDAY

10:15 - 11:00
12:00 - 12:45
18:00 - 18:45
19:00 - 19:45

SATURDAY

08:00 - 08:45
09:00 - 09:45
10:00 10:45

SUNDAY

08:00 - 08:45
09:00 - 09:45
10:00 10:45



THE CLUB
AT THE BELFRY

GYM FLOOR



MONDAY

10:00	GYM FLOOR CIRCUITS
11:00	GYM FLOOR CIRCUITS
17:00	GYM FLOOR KETTLE BELL TRAINING

TUESDAY

10:00	GYM FLOOR CIRCUITS
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WEDNESDAY

11:00 - 12:00	GYM FLOOR CIRCUITS
17:00 - 17:30	GYM FLOOR KETTLE BELL TRAINING

THURSDAY

10:00	GYM FLOOR CIRCUITS
11:00	GYM FLOOR CIRCUITS

FRIDAY

09:00 - 09:30	GYM FLOOR CLASS
11:30 - 12:15	GYM FLOOR CLASS

SATURDAY

10:00	GYM FLOOR CIRCUITS/KETTLE BELLS
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SUNDAY

11:00	GYM FLOOR CIRCUIT
11:30 - 12:00	GYM FLOOR KETTLE BELL TRAINING

HYROX CLASSES



MONDAY

10:15 - 11:15

THURSDAY

18:15 - 19:15

WEDNESDAY

10:45 - 11:45

SUNDAY

09:00 - 10:00

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

STUDIO 4



MONDAY

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

TUESDAY

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

WEDNESDAY

06:45 - 07:30	HATHA YOGA
9:30 - 10:15	PARENT AND BABY CLASS
10:20 - 11:05	BODY BALANCE
11:15 - 12:00	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

FRIDAY

09:15 - 10:10	PILATES
10:15 - 11:00	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