

# SPIN STUDIO

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

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09:30 - 10:15

## SUNDAY

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10:15 - 11:00



THE CLUB  
AT THE BELFRY

# STUDIO 2



THE CLUB  
AT THE BELFRY

## MONDAY

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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

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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

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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

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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

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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

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

## SUNDAY

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

# REFORMER PILATES

CLASSES AVAILABLE AT AN EXTRA COST VIA TECHNOGYM APP

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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10:15 - 11:00

## SATURDAY

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

## SUNDAY

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



**THE CLUB**  
AT THE BELFRY

# STUDIO 4



THE CLUB  
AT THE BELFRY

## MONDAY

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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

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

## WEDNESDAY

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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

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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

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

## SATURDAY

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

## SUNDAY

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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

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12:00 - 12:30 IGNITE CIRCUITS

## FRIDAY

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08:30 - 09:00 PULSE CIRCUITS

## SUNDAY

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12:00 - 12:30 STRENGTH CAMP



THE CLUB  
AT THE BELFRY