



THE BELFRY

CLUB & SPA

COMMENCING 24TH JULY 2017 SPIN AND VIRTUAL CLASSES TIMETABLE

MONDAY			TUESDAY			WEDNESDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
06.45 - 07.15	RPM VIRTUAL EXPRESS		07.00 - 07.30	SPRINT	SUS	06.45 - 07.15	RPM VIRTUAL EXPRESS	
07.30 - 08.15	RPM VIRTUAL		08.00 - 08.30	RPM VIRTUAL EXPRESS		08.00 - 08.45	RPM VIRTUAL	
08.45 - 09.15	RPM VIRTUAL EXPRESS		09.30 - 10.00	INDOOR CYCLING EXPRESS	LAURA	09.25 - 09.55	SPRINT	HELEN
09.30 - 10.00	INDOOR CYCLING EXPRESS	NATASHA	10.15 - 11.00	RPM VIRTUAL		10.00 - 10.45	RPM	RACHEL
10.45 - 11.30	RPM VIRTUAL		12.15 - 12.45	RPM VIRTUAL EXPRESS		12.30 - 13.00	RPM VIRTUAL EXPRESS	
12.30 - 13.00	RPM VIRTUAL EXPRESS		16.00 - 16.45	RPM VIRTUAL		13.30 - 14.15	RPM VIRTUAL	
13.30 - 14.00	RPM VIRTUAL EXPRESS		17.00 - 17.45	RPM VIRTUAL		15.00 - 15.30	RPM VIRTUAL EXPRESS	
15.00 - 15.45	RPM VIRTUAL		18.00 - 18.45	INDOOR CYCLING	HANNAH	16.00 - 16.30	RPM VIRTUAL EXPRESS	
16.00 - 16.30	RPM VIRTUAL EXPRESS		19.00 - 19.45	RPM	RACHEL	17.00 - 17.45	RPM VIRTUAL	
17.00 - 17.45	RPM VIRTUAL		20.00 - 20.30	RPM VIRTUAL EXPRESS		18.30 - 19.00	INDOOR CYCLING EXPRESS	HANNAH
18.00 - 18.45	RPM	RACHEL				19.30 - 20.00	RPM VIRTUAL EXPRESS	
19.05 - 19.35	INDOOR CYCLING EXPRESS	NATASHA				20.15 - 21.00	RPM VIRTUAL	
20.00 - 20.30	RPM VIRTUAL EXPRESS					21.15 - 21.45	RPM VIRTUAL EXPRESS	
21.00 - 21.45	RPM VIRTUAL							
THURSDAY			FRIDAY			SATURDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
06.40 - 07.10	RPM VIRTUAL EXPRESS		07.00 - 07.30	SPRINT	SUS	07.45 - 08.30	RPM VIRTUAL	
09.30 - 10.00	INDOOR CYCLING EXPRESS	HANNAH	08.45 - 09.15	RPM VIRTUAL EXPRESS		09.30 - 10.15	INDOOR CYCLING	RACHEL
10.00 - 10.30	SPRINT	DAVID	09.45 - 10.15	INDOOR CYCLING EXPRESS	HANNAH	10.30 - 11.00	RPM VIRTUAL EXPRESS	
12.45 - 13.30	RPM VIRTUAL		10.30 - 11.00	RPM VIRTUAL EXPRESS		12.00 - 12.45	RPM VIRTUAL	
			12.30 - 13.15	RPM VIRTUAL		13.00 - 13.30	RPM VIRTUAL EXPRESS	
16.30 - 17.00	RPM VIRTUAL EXPRESS		13.30 - 14.15	RPM VIRTUAL		14.00 - 14.45	RPM VIRTUAL	
18.00 - 18.45	RPM VIRTUAL		15.00 - 15.30	RPM VIRTUAL EXPRESS		15.00 - 15.45	RPM VIRTUAL	
19.00 - 19.30	INDOOR CYCLING EXPRESS	HANNAH	16.00 - 16.45	RPM VIRTUAL		16.00 - 16.30	RPM VIRTUAL EXPRESS	
19.45 - 20.30	RPM VIRTUAL		17.15 - 17.45	RPM VIRTUAL EXPRESS		17.00 - 17.30	RPM VIRTUAL EXPRESS	
21.00 - 21.30	RPM VIRTUAL EXPRESS		18.00 - 18.45	RPM	RACHEL	18.00 - 18.45	RPM VIRTUAL	
			19.00 - 19.45	RPM VIRTUAL		19.00 - 19.45	RPM VIRTUAL	
			20.00 - 20.30	RPM VIRTUAL EXPRESS		20.30 - 21.00	RPM VIRTUAL EXPRESS	
			21.00 - 21.45	RPM VIRTUAL		21.15 - 21.45	RPM VIRTUAL EXPRESS	
						SUNDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
07.00 - 07.30	RPM VIRTUAL EXPRESS					07.00 - 07.30	RPM VIRTUAL EXPRESS	
08.00 - 08.45	RPM VIRTUAL					08.00 - 08.45	RPM VIRTUAL	
09.00 - 09.30	RPM VIRTUAL EXPRESS					09.00 - 09.30	RPM VIRTUAL EXPRESS	
10.30 - 11.15	RPM VIRTUAL					10.30 - 11.15	RPM VIRTUAL	
11.30 - 12.00	RPM VIRTUAL EXPRESS					11.30 - 12.00	RPM VIRTUAL EXPRESS	
12.15 - 12.45	RPM VIRTUAL EXPRESS					12.15 - 12.45	RPM VIRTUAL EXPRESS	
14.00 - 14.45	RPM VIRTUAL					14.00 - 14.45	RPM VIRTUAL	
15.00 - 15.30	RPM VIRTUAL EXPRESS					15.00 - 15.30	RPM VIRTUAL EXPRESS	
16.00 - 16.45	RPM VIRTUAL					16.00 - 16.45	RPM VIRTUAL	
17.00 - 17.45	RPM VIRTUAL					17.00 - 17.45	RPM VIRTUAL	
18.00 - 18.45	RPM VIRTUAL					18.00 - 18.45	RPM VIRTUAL	
19.00 - 19.45	RPM VIRTUAL					19.00 - 19.45	RPM VIRTUAL	
20.30 - 21.00	RPM VIRTUAL EXPRESS					20.30 - 21.00	RPM VIRTUAL EXPRESS	
21.15 - 21.45	RPM VIRTUAL EXPRESS					21.15 - 21.45	RPM VIRTUAL EXPRESS	

INDOOR CYCLING An exciting indoor cycling program which is based on the principles of road cycling. Let our motivational instructor's help you perfect your technique and take you through dynamic profiles covering hills, racing, interval training and active recovery. Our inspirational music will inspire you to work to get the very best from this 50 minute class.

INDOOR CYCLING EXPRESS Love the B spin experience but don't have much time on your hands? Or perhaps you just want to try this class on a smaller scale as a stepping stone to achieving your aims? Let our instructors take you through our 30 minute version of this exciting class.

LES MILLS RPM RPM is the indoor cycling workout where you ride to the rhythm of the powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. You have the ability to control the intensity of the workout, which means riders of all capabilities can work out together. The more you ride, the fitter you'll become. Discover your athlete within – sweat and burn to reach your endorphin high. Burn up to 600 calories or 150 MEPS in a typical 50 minute session!

LES MILLS RPM SPRINT What is Les Mills sprint? High-intensity interval training (HIIT) on a bike, LES MILLS SPRINT is a 30 minute workout of high-intensity, designed using an indoor bike to achieve fast results. **BENEFITS:** build lean muscle and train your body to burn fat, faster cardio results than with steady state training, burn calories for hours after your workout, short and intense all done in 30 minutes, build mental toughness, and build it fast!