



THE BELFRY

CLUB & SPA

COMMENCING 12th FEB 2018 LEISURE CLUB TIMETABLE

MONDAY			TUESDAY			WEDNESDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
09.30-10.00	INDOOR CYCLING EXPRESS	RACHEL	07.00-07.30	SPRINT	SUS	07.00-07.30	INDOOR CYCLING EXPRESS	CARLA
10.05-10.50	MILITARY BOOTCAMP	RACHEL	09.30-10.00	INDOOR CYCLING EXPRESS	LAURA	08.00-08.30	AQUA AEROBICS	CARLA
11.00-12.00	PILATES	ANNETTE	10.00-10.45	STUDIO STRENGTH	LAURA	09.25-09.55	INDOOR CYCLING EXPRESS	LYN
12.00-13.00	PILATES	ANNETTE	11.00-12.00	YOGA	JENNIE	09.25-09.55	GRIT SERIES	RACHEL
			12.15-13.00	AQUA AEROBICS	CARLA	10.00-10.45	CIRCUITS	LYN
18.00-18.45	RPM	RACHEL				10.00-10.45	RPM	RACHEL
18.00-18.30	METAFIT	GYM TEAM	18.00-18.30	GRIT SERIES	RACHEL	11.00-12.00	FITNESS BALANCE YOGA	LYN
18.30-18.55	CORE STRENGTH	GYM TEAM	18.00-18.45	INDOOR CYCLING	HANNAH	18.00-18.45	ZUMBA	BECKY
19.00-20.00	BODY PUMP	RACHEL	18.45-19.30	BOXERCIRCUITS	HANNAH	18.30-19.00	INDOOR CYCLING EXPRESS	HANNAH
19.00-19.30	INDOOR CYCLING EXPRESS	CARLA	19.00-19.45	RPM	RACHEL	19.00-19.30	GRIT SERIES	RACHEL
			19.30-20.30	CLUB IT UP!	CARLA	19.35-20.35	BODY PUMP	RACHEL
THURSDAY			FRIDAY			SATURDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
09.30-10.00	INDOOR CYCLING EXPRESS	HANNAH	06.45-07.30	RPM	SUS	09.30-10.30	ZUMBA	BECKY
10.00-10.30	SPRINT	DAVID	09.20-10.20	CIRCUITS	RACHEL	09.30-10.15	INDOOR CYCLING	RACHEL
10.00-10.45	LEGS, BUMS & TUMS	HANNAH	09.45-10.15	INDOOR CYCLING EXPRESS	HANNAH	10.30-11.00	GRIT SERIES	RACHEL
10.45-11.30	BODY COMBAT	DAVID	10.25-11.25	BODY PUMP	RACHEL			
11.30-12.30	PILATES	ANNETTE	11.30-12.30	PILATES FLOW	ANNETTE			
12.15-13.00	AQUA AEROBICS	CARLA						
			17.15-18.00	DANCERCISE	CARLA			
18.00-18.30	METAFIT	GYM TEAM	18.00-19.00	CHI YOGA	RON			
18.30-19.30	POWER YOGA	SANDRA	18.00-18.45	RPM	RACHEL			
19.00-19.45	INDOOR CYCLING	LYN						
19.45-20.15	ABS & STRETCH	LYN						

SUNDAY		
TIME	CLASS	INSTRUCTOR
09.30-10.30	YOGA SLOW FLOW	JENNIE

CIRCUITS Multi station training that gets quick results.

PILATES Slow and controlled movements to work deep core and lower back muscles, excellent for improving posture.

YOGA Physical and mental exercises improving posture, strength and flexibility.

LES MILLS GRIT SERIES

Grit Strength The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle.

Grit Cardio The 30-minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

Grit Plyo The 30-minute high-intensity interval training plyometric-based workout, designed to make you perform like an athlete.

METAFIT A combination of bodyweight only exercises and high intensity intervals will set your metabolic rates through the roof! A session that needs no equipment, little space and has a great, pumping sound-track. Create metabolic disturbance and burn fat!

LEGS BUMS AND TUMS Toning class focusing on legs bums and tums.

ZUMBA The class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all? Made for everyone.

AQUA AEROBICS A fun class incorporating low impact moves in the water that will leave you feeling mobilised and energised.

BOXERCIRCUITS Multi station training based around fundamental skills learnt in boxing.

CLUB IT UP! An upbeat aerobics class to the sounds of your favourite club anthems

DANCERCISE Dance based fitness class exploring all different styles from ballet to street, Jazz to contemporary

BODY COMBAT high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class

SPRINT 30 minute High intensity interval training workout using an indoor bike to achieve fast results.

BODY PUMP A barbell based strength training workout where you can burn up to 590 calories

RPM a group indoor cycling workout where you control the intensity. Its fun, low impact and you can burn up to 675 calories a session

INDOOR CYCLING fitness class taught on a stationary exercise bike, focusing on endurance, strength, intervals and recovery

BOOKING IS REQUIRED AND CAN BE BOOKED UP TO SIX DAYS IN ADVANCE AT THE LEISURE RECEPTION OR BY EMAIL AT LEISURE.RECEPTION@THEBELFRY.COM