



THE BELFRY

CLUB & SPA
COMMENCING 12th FEB 2018

LEISURE CLUB TIMETABLE

MONDAY			TUESDAY			WEDNESDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
06.45-07.45	BODY PUMP VIRTUAL		07.30-08.00	CX WORX VIRTUAL		07.00-08.00	BODY PUMP VIRTUAL	
08.00-08.30	BODY COMBAT VIRTUAL		08.30-09.30	BODY PUMP VIRTUAL		08.00-08.30	AQUA AEROBICS	CARLA
09.00-09.45	SH'BAM VIRTUAL		09.30-10.00	CX WORX VIRTUAL		08.15-09.15	BODY COMBAT VIRTUAL	
10.05-10.50	MILITARY BOOTCAMP	RACHEL	10.00-10.45	STUDIO STRENGTH	LAURA	09.25-09.55	GRIT SERIES	RACHEL
11.00-12.00	PILATES	ANNETTE	11.00-12.00	YOGA	JENNIE	10.00-10.45	CIRCUITS	LYN
12.00-13.00	PILATES	ANNETTE	12.15-13.00	AQUA AEROBICS	CARLA	11.00-12.00	FITNESS BALANCE YOGA	LYN
13.15-14.15	BODY BALANCE VIRTUAL		12.30-13.30	BODY COMBAT VIRTUAL		12.30-13.15	SH'BAM VIRTUAL	
14.30-15.30	BODY COMBAT VIRTUAL		14.00-15.00	BODY PUMP VIRTUAL		13.15-14.15	BODY PUMP VIRTUAL	
16.00-17.00	BODY PUMP VIRTUAL		15.30-16.30	BODY BALANCE VIRTUAL		14.30-15.00	CX WORX VIRTUAL	
17.10-17.40	CX WORX VIRTUAL		16.30-17.00	CX WORX VIRTUAL		15.15-16.15	BODY BALANCE VIRUTAL	
18.00-18.30	METAFIT	GYM TEAM	17.00-17.45	SH'BAM VIRTUAL		16.30-17.30	BODY COMBAT VIRTUAL	
18.30-18.55	CORE STRENGTH	GYM TEAM	18.00-18.30	GRIT SERIES	RACHEL	18.00-18.45	ZUMBA	BECKY
19.00-20.00	BODY PUMP	RACHEL	18.45-19.30	BOXERCIRCUITS	HANNAH	19.00-19.30	GRIT SERIES	RACHEL
20.15-21.15	BODY COMBAT VIRTUAL		19.30-20.30	CLUB IT UP!	CARLA	19.35-20.35	BODY PUMP	RACHEL
			20.45-21.45	BODY PUMP VIRTUAL		20.55-21.55	BODY BALANCE VIRTUAL	
THURSDAY			FRIDAY			SATURDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
07.15-07.45	CX WORX VIRTUAL		06.45-07.45	BODY PUMP VIRTUAL		07.30-08.00	CX WORX VIRTUAL	
07.50-08.50	BODY PUMP VIRTUAL		07.45-08.30	SH'BAM VIRTUAL		08.00-09.00	BODY PUMP VIRTUAL	
09.00-10.00	BODY COMBAT VIRTUAL		09.20-10.20	CIRCUITS	RACHEL	09.30-10.30	ZUMBA	BECKY
10.00-10.45	LEGS, BUMS & TUMS	HANNAH	10.25-11.25	BODY PUMP	RACHEL	10.30-11.00	GRIT SERIES	RACHEL
10.45-11.30	BODY COMBAT	DAVID	11.30-12.30	PILATES FLOW	ANNETTE	11.15-12.15	BODY BALANCE VIRTUAL	
11.30-12.30	PILATES	ANNETTE	13.00-14.00	BODY BALANCE VIRTUAL		12.30-13.30	BODY COMBAT VIRTUAL	
12.15-13.00	AQUA AEROBICS	CARLA	14.30-15.00	BODY PUMP VIRTUAL EXPRESS		14.00-15.00	BODY PUMP VIRTUAL	
12.30-13.30	BODY PUMP VIRTUAL		16.00-17.00	BODY COMBAT VIRTUAL		15.30-16.15	SH'BAM VIRTUAL	
13.45-14.15	CX WORX VIRTUAL		17.25-17.55	CX WORX VIRTUAL		16.30-17.00	CX WORX VIRTUAL	
14.30-15.00	BODY BALANCE STRENGTH VIRTUAL		17.15-18.00	DANCERCISE	CARLA	17.30-18.30	BODY COMBAT VIRTUAL	
16.00-17.00	BODY PUMP VIRTUAL		18.00-19.00	CHI YOGA	RON	18.45-19.45	BODY BALANCE VIRTUAL	
17.00-17.45	SH'BAM VIRTUAL		19.30-20.00	BODY PUMP VIRTUAL		20.00-20.45	SH'BAM VIRTUAL	
18.00-18.30	METAFIT	GYM TEAM	20.15-21.15	BODY BALANCE VIRTUAL		21.00-21.30	CX WORX VIRTUAL	
18.30-19.30	POWER YOGA	SANDRA	21.15-21.45	CX WORX VIRTUAL				
19.45-20.15	ABS & STRETCH	LYN						
20.30-21.30	BODY PUMP VIRTUAL							
						SUNDAY		
						TIME	CLASS	INSTRUCTOR
						08.00-09.00	BODY PUMP VIRTUAL	
						09.30-10.30	YOGA SLOW FLOW	JENNIE
						10.45-11.15	CX WORX VIRTUAL	
						11.30-12.30	BODY PUMP VIRTUAL	
						12.30-13.30	BODY COMBAT VIRTUAL	
						15.45-16.45	BODY PUMP VIRTUAL	
						17.00-17.30	CX WORX VIRTUAL	
						18.00-18.45	BODY COMBAT VIRTUAL	
						19.00-20.00	BODY BALANCE VIRTUAL	
						20.15-21.15	BODY PUMP VIRUTAL	