

# CLASSES TIMETABLE

FREE FOR FULL FITNESS MEMBERS  
£5 FOR OTHER MEMBERS | JUNE - SEPT



EXETER  
GOLF AND  
COUNTRY  
CLUB

| MONDAY      | CLASS                    | STUDIO  |
|-------------|--------------------------|---------|
| 07:15-07:45 | Virtual Les Mills Sprint | Spin    |
| 08:00-08:30 | Virtual Les Mills RPM    | Spin    |
| 09:15-09:45 | LBT                      | Fitness |
| 10:00-10:45 | Les Mills THE TRIP       | Spin    |
| 10:00-10:45 | Les Mills BODYATTACK     | Fitness |
| 11:15-12:30 | Conditioning Yoga        | Fitness |
| 12:00-12:30 | Les Mills Virtual Sprint | Spin    |
| 13:00-13:30 | Les Mills Virtual RPM    | Spin    |
| 13:30-14:00 | Ab Blast                 | Fitness |
| 17:15-17:45 | Circuits                 | Fitness |
| 18:00-18:30 | Les Mills GRIT           | Fitness |
| 18:00-18:45 | Les Mills THE TRIP       | Spin    |
| 18:45-19:45 | Conditioning Yoga        | Fitness |
| 19:00-19:45 | Les Mills Virtual RPM    | Spin    |

| TUESDAY     | CLASS                    | STUDIO  |
|-------------|--------------------------|---------|
| 07:15-07:45 | HIIT                     | Fitness |
| 08:00-08:30 | Les Mills Virtual RPM    | Spin    |
| 09:15-10:00 | Les Mills BODYPUMP       | Fitness |
| 10:00-10:45 | Les Mills THE TRIP       | Spin    |
| 10:15-11:00 | Les Mills BODYCOMBAT     | Fitness |
| 12:00-12:30 | Les Mills Virtual Sprint | Spin    |
| 13:00-13:30 | Les Mills Virtual RPM    | Spin    |
| 13:30-14:00 | Strength                 | Fitness |
| 17:15-17:45 | Core Resistance          | Fitness |
| 18:15-18:45 | HIIT                     | Fitness |
| 18:00-18:45 | Les Mills THE TRIP       | Spin    |
| 19:00-19:30 | Les Mills Virtual SPRINT | Fitness |
| 19:00-20:00 | Les Mills BODYBALANCE    | Spin    |

| WEDNESDAY   | CLASSES                  | STUDIO  |
|-------------|--------------------------|---------|
| 07:15-07:45 | Spin                     | Spin    |
| 08:00-08:30 | Les Mills Virtual RPM    | Spin    |
| 09:15-10:00 | Circuits                 | Fitness |
| 10:15-11:15 | Aerobics                 | Fitness |
| 11:30-12:30 | Conditioning Yoga        | Fitness |
| 12:00-12:30 | Les Mills Virtual Sprint | Spin    |
| 13:00-13:30 | Les Mills Virtual RPM    | Spin    |
| 13:30-14:30 | Hatha Yoga               | Fitness |
| 17:15-17:45 | Ab Blast                 | Fitness |
| 18:00-18:45 | Les Mills THE TRIP       | Spin    |
| 18:15-19:00 | Les Mills Barre          | Fitness |
| 19:00-19:45 | Les Mills Virtual RPM    | Spin    |
| 19:15-20:00 | Les Mills BODYCOMBAT     | Fitness |

| THURSDAY    | CLASSES                  | STUDIO  |
|-------------|--------------------------|---------|
| 07:15-07:45 | HIIT                     | Fitness |
| 08:00-08:30 | Les Mills Virtual RPM    | Spin    |
| 09:15-09:45 | Strength                 | Fitness |
| 12:00-12:30 | Les Mills Virtual Sprint | Spin    |
| 13:00-13:30 | Les Mills Virtual RPM    | Spin    |
| 13:30-14:00 | Ab Blast                 | Fitness |
| 14:15-15:30 | Conditioning Yoga        | Fitness |
| 17:15-17:45 | Les Mills GRIT           | Fitness |
| 18:00-19:00 | Conditioning Yoga        | Fitness |
| 18:00-18:45 | Les Mills THE TRIP       | Spin    |
| 19:00-19:30 | Les Mills Virtual Sprint | Spin    |
| 19:15-20:00 | Les Mills BODYPUMP       | Fitness |

| FRIDAY      | CLASSES                  | STUDIO  |
|-------------|--------------------------|---------|
| 07:15-07:45 | Les Mills Virtual Sprint | Spin    |
| 08:00-08:30 | Les Mills Virtual RPM    | Spin    |
| 09:15-10:00 | Les Mills BODYPUMP       | Fitness |
| 10:15-11:00 | Circuits                 | Fitness |
| 12:00-12:30 | Les Mills Virtual Sprint | Spin    |
| 13:00-13:30 | Les Mills Virtual RPM    | Spin    |
| 13:30-14:30 | Hatha Yoga               | Fitness |
| 17:15-17:45 | Circuits                 | Fitness |
| 18:00-19:00 | Les Mills BODYBALANCE    | Fitness |
| 18:00-18:45 | Les Mills THE TRIP       | Spin    |
| 19:00-19:45 | Les Mills RPM            | Spin    |
| 19:15-19:45 | Strength                 | Fitness |

| SATURDAY    | CLASSES                  | STUDIO  |
|-------------|--------------------------|---------|
| 09:00-09:45 | Les Mills BODYPUMP       | Fitness |
| 10:00-10:45 | Les Mills THE TRIP       | Spin    |
| 10:00-11:00 | Les Mills BODYBALANCE    | Fitness |
| 11:30-12:00 | Les Mills Virtual Sprint | Fitness |
|             |                          | Spin    |

| SUNDAY      | CLASSES            | STUDIO  |
|-------------|--------------------|---------|
| 10:00-10:30 | Spin               |         |
| 11:00-11:30 | Les Mills THE TRIP | Spin    |
| 11:15-11:45 | Core Resistance    | Spin    |
| 12:00-12:30 | Les Mills Sprint   | Fitness |
|             |                    | Spin    |

BOOK ON THE APP