

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
10:15-11:15	Pilates	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		
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