

# WINTER CLASSES TIMETABLE

FULL FITNESS MEMBERS FREE | £5 OTHER MEMBERS



EXETER  
GOLF AND  
COUNTRY  
CLUB

| MONDAY      | CLASS                | STUDIO  |
|-------------|----------------------|---------|
| 07:15-08:00 | Les Mills THE TRIP   | Spin    |
| 08:00-08:45 | Les Mills THE TRIP   | 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 |
| 12:00-12:45 | Les Mills THE TRIP   | Spin    |
| 13:00-13:45 | Les Mills THE TRIP   | 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 THE TRIP   | Spin    |

| TUESDAY     | CLASS                  | STUDIO  |
|-------------|------------------------|---------|
| 07:15-07:45 | HIIT                   | Fitness |
| 08:00-08:45 | Les Mills THE TRIP     | Spin    |
| 09:15-10:00 | Les Mills BODYPUMP     | Fitness |
| 10:00-10:30 | Spin (with instructor) | Spin    |
| 10:15-11:00 | Barre Fitness          | Fitness |
| 12:00-12:45 | Les Mills THE TRIP     | Spin    |
| 13:00-13:45 | Les Mills THE TRIP     | Spin    |
| 13:30-14:00 | Strength               | Fitness |
| 17:30-18:00 | Strength               | Fitness |
| 18:15-18:45 | Les Mills GRIT         | Fitness |
| 18:00-18:45 | Les Mills THE TRIP     | Spin    |
| 19:00-19:45 | Les Mills THE TRIP     | Spin    |
| 19:00-20:00 | Vinyasa Flow Yoga      | Fitness |

| WEDNESDAY   | CLASSES                | STUDIO  |
|-------------|------------------------|---------|
| 07:15-07:45 | Spin (with instructor) | Spin    |
| 08:00-08:45 | Les Mills THE TRIP     | Spin    |
| 09:15-09:45 | Circuits               | Fitness |
| 10:15-11:15 | Aerobics               | Fitness |
| 11:30-12:30 | Beginners Yoga         | Fitness |
| 12:00-12:45 | Les Mills THE TRIP     | Spin    |
| 13:00-13:45 | Les Mills THE TRIP     | Spin    |
| 13:30-14:30 | Hatha Yoga             | Fitness |
| 17:15-17:45 | Ab Blast               | Fitness |
| 18:00-18:45 | Spin (with instructor) | Spin    |
| 18:15-19:00 | Les Mills BODYATTACK   | Fitness |
| 19:00-19:45 | Les Mills THE TRIP     | Spin    |
| 19:15-20:00 | Les Mills BODYCOMBAT   | Fitness |

| THURSDAY    | CLASSES               | STUDIO  |
|-------------|-----------------------|---------|
| 07:15-07:45 | HIIT                  | Fitness |
| 08:00-08:45 | Les Mills THE TRIP    | Spin    |
| 09:15-09:45 | Strength              | Fitness |
| 10:15-11:15 | Les Mills BODYBALANCE | Fitness |
| 12:00-12:45 | Les Mills THE TRIP    | Spin    |
| 13:00-13:45 | Les Mills THE TRIP    | Spin    |
| 13:30-14:00 | Ab Blast              | Fitness |
| 14:15-15:30 | Conditioning Yoga     | Fitness |
| 17:15-17:45 | HIIT                  | Fitness |
| 18:00-18:45 | Les Mills BODYPUMP    | Fitness |
| 18:00-18:45 | Les Mills THE TRIP    | Spin    |
| 19:00-19:45 | Les Mills THE TRIP    | Spin    |
| 19:00-20:00 | Conditioning Yoga     | Fitness |

| FRIDAY      | CLASSES                | STUDIO  |
|-------------|------------------------|---------|
| 07:15-08:00 | Les Mills THE TRIP     | Spin    |
| 08:00-08:45 | Les Mills THE TRIP     | Spin    |
| 09:15-10:00 | Les Mills BODYPUMP     | Fitness |
| 10:15-11:00 | Circuits               | Fitness |
| 12:00-12:45 | Les Mills THE TRIP     | Spin    |
| 13:00-13:45 | Les Mills THE TRIP     | Spin    |
| 13:30-14:30 | Hatha Yoga             | Fitness |
| 17:30-18:00 | Spin (with instructor) | Spin    |
| 18:00-19:00 | Les Mills BODYBALANCE  | Fitness |
| 18:00-18:45 | Les Mills THE TRIP     | Spin    |
| 19:00-19:45 | Les Mills THE TRIP     | 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 |
| 11:30-12:15 | Les Mills THE TRIP    | Spin    |
| SUNDAY      |                       |         |
| 10:00-10:30 | Spin                  | Spin    |
| 10:00-10:45 | Les Mills BODYCOMBAT  | Fitness |
| 11:00-11:45 | Les Mills THE TRIP    | Spin    |
| 11:15-11:45 | Core Resistance       | Fitness |
| 12:00-12:45 | Les Mills THE TRIP    | Spin    |