



SUMMER CLASSES TIMETABLE

EXETER GOLF AND COUNTRY CLUB

FREE FOR FITNESS MEMBERS | £5.50 OTHER MEMBERS

MONDAY	CLASS	STUDIO
07:15-08:00	Les Mills THE TRIP	Spin
08:00-08:45	Les Mills THE TRIP	Spin
09:00-09:45	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	Running Club	Meet in Gym
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	BoxFit	Fitness
08:00-08:45	Les Mills THE TRIP	Spin
09:15-10:00	Les Mills BODYPUMP	Fitness
10:00-10:45	Les Mills THE TRIP	Spin
10:15-11:00	Barre Fitness	Fitness
11:15-12:15	Yoga Flow	Fitness
12:00-12:45	Les Mills THE TRIP	Spin
13:00-13:45	Les Mills THE TRIP	Spin
13:30-14:00	Core Resistance	Fitness
17:30-18:00	Strength	Fitness
18:15-18:45	Les Mills GRIT	Fitness
18:15-18:45	Live spin	Spin
19:00-19:45	Les Mills THE TRIP	Spin

WEDNESDAY	CLASSES	STUDIO
07:15-07:45	Live Spin	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
17:15-18:00	Les Mills BODYBALANCE	Fitness
18:00-18:45	Les Mills THE TRIP	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	HBK (HIIT, Box, Kettlebells)	Fitness
14:15-15:30	Conditioning Yoga	Fitness
17:00-17:45	BoxFit	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
12:00-13:00	Pilates	Fitness
12:00-12:45	Les Mills THE TRIP	Spin
13:00-13:45	Les Mills THE TRIP	Spin
13:30-14:00	Running Club	Meet in Gym
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	Pilates	Fitness
11:30-12:15	Les Mills THE TRIP	Spin
SUNDAY		
09:00-10:00	Les Mills BODYBALANCE	Fitness
10:00-10:30	Live Spin	Spin
10:15-11:00	Les Mills BODYCOMBAT	Fitness
11:00-11:45	Les Mills THE TRIP	Spin
11:15-11:45	Kettlebells	Fitness
12:00-12:45	Les Mills THE TRIP	Spin

BOOK ON THE APP
SEE FULL CLASS DESCRIPTIONS AND DOWNLOAD A TIMETABLE

