



STUDIO TIMETABLE

WINTER

MONDAY

07:15 - 07:45	Les Mills SPRINT	Spin
08:00 - 08:45	Les Mills RPM	Spin
09:00 - 09:45	Legs, Bums and Tums	Fitness
10:00 - 10:45	Les Mills THE TRIP	Spin
10:00 - 10:45	Les Mills BODYPUMP	Fitness
11:15 - 12:30	Conditioning Yoga	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
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 - 19:30	Les Mills SPRINT	Spin

TUESDAY

07:15 - 07:45	Live Spin	Spin
08:00 - 08:45	Les Mills RPM	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	Hatha Yoga - Anne	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
13:30 - 14:00	Core Resistance	Fitness
17:15 - 17:45	Strength	Fitness
18:00 - 18:30	Les Mills GRIT	Fitness
18:15 - 18:45	Live Spin	Spin
19:00 - 19:30	Les Mills SPRINT	Spin

WEDNESDAY

07:00 - 07:30	Circuits	Fitness
08:00 - 08:45	Les Mills RPM	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 RPM	Spin
13:30 - 14:30	Flow Yoga - Anne	Fitness
17:15 - 18:00	Flow Yoga - Rebecca	Fitness
18:00 - 18:45	Les Mills THE TRIP	Spin
18:15 - 19:00	Barre Fitness	Fitness
19:00 - 19:30	Les Mills SPRINT	Spin
19:15 - 20:00	Legs, Bums and Tums	Fitness

THURSDAY

07:15 - 07:45	HIIT	Fitness
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 09:45	Strength	Fitness
10:15 - 11:15	Les Mills BODYBALANCE	Fitness
11:30 - 12:15	Dance Fit	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
13:30 - 14:00	Kettlebells	Fitness
14:15 - 15:30	Pilates with Sarah - NEW	Fitness
17:15 - 18:00	Yin Yoga with Ricky - NEW	Fitness
18:15 - 18:45	Live Spin	Spin
18:15 - 19:00	Les Mills BODYPUMP	Fitness
19:00 - 19:30	Les Mills SPRINT	Spin

FRIDAY

07:15 - 07:45	Les Mills SPRINT	Spin
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 10:00	Les Mills BODYPUMP	Fitness
10:15 - 11:00	Circuits	Fitness
12:00 - 13:00	Pilates - Sarah	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
18:00 - 19:00	Les Mills BODYBALANCE	Fitness
18:00 - 18:45	Les Mills THE TRIP	Spin
19:00 - 19:30	Les Mills SPRINT	Spin
19:15 - 19:45	Strength	Fitness

SATURDAY

08:00 - 08:45	Les Mills THE TRIP	Spin
09:00 - 09:45	Les Mills BODYPUMP	Fitness
10:00 - 10:45	Les Mills RPM	Spin
10:00 - 11:00	Pilates - Sally	Fitness
11:30 - 12:00	Les Mills SPRINT	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 RPM	Spin
11:15 - 11:45	Kettlebells	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:30 - 14:30	Flow Yoga - Rebecca	Fitness



BOOK ON THE APP
FREE FOR FITNESS MEMBERS | £6 FOR OTHER MEMBERS

EXETER
GOLF AND
COUNTRY
CLUB