

# GROUP EXERCISE TIMETABLE

## MONDAY

7.15AM - 7.45AM	LES MILLS SPRINT (V)	SS
8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.00AM - 9.45AM	LEGS, BUMS, TUMS	FS
10.00AM - 10.45AM	LES MILLS BODY PUMP	FS
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SS
11.15AM - 12.15PM	FLOW YOGA - ANNE	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
5.15PM - 5.45PM	CIRCUITS	FS
6.00PM - 6.45PM	LES MILLS THE TRIP (V)	SS
6.00PM - 6.30PM	LES MILLS GRIT	FS
6.45PM - 7.45PM	POWER YOGA - RICKY	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS

## WEDNESDAY

7.15AM - 8.00AM	FUNCTIONAL FITNESS - JACOB	FS
8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 9.45AM	CIRCUITS	FS
10.15AM - 11.15AM	AEROBICS	FS
11.30AM - 12.30PM	BEGINNERS YOGA - SIAN	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.30PM - 2.30PM	FLOW YOGA - ANNE	FS
5.15PM - 6.00PM	FUNCTIONAL FITNESS - LUM	FS
6.00PM - 6.45PM	LIVE SPIN	SS
6.15PM - 7.00PM	LES MILLS BODYPUMP	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.15PM - 8.00PM	LEGS, BUMS, TUMS	FS

## FRIDAY

7.00AM - 8.00AM	YOGA 4 WK COURSE* <small>FROM 30TH JAN</small>	FS
7.15AM - 7.45AM	LES MILLS SPRINT (V)	SS
8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 10.00AM	LES MILLS BODY PUMP	FS
10.15AM - 11.00AM	CIRCUITS	FS
12.00PM - 1.15PM	PILATES - DONNA	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.00PM - 1.45PM	LES MILLS RPM	SS
6.00PM - 7.00PM	LM BODYBALANCE - ALESSA	FS
6.00PM - 6.45PM	LES MILLS THE TRIP (V)	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.15PM - 7.45PM	GYM STRENGTH	GYM

### JANUARY - MARCH TIMETABLE

FREE FOR FITNESS MEMBERS | £8 FOR OTHER MEMBERS  
BOOK ON THE APP | [INFO@EXETERGCC.CO.UK](mailto:INFO@EXETERGCC.CO.UK)

\*ADDITIONAL COST COURSES BOOKABLE AS BLOCKS AT RECEPTION  
(V) = VIRTUAL CLASS | SS = SPIN STUDIO | FC = FITNESS STUDIO

## TUESDAY

7.00AM - 7.30AM	LIVE SPIN	SS
8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 10.00AM	LES MILLS BODY PUMP	FS
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SS
10.15AM - 11.00AM	BARRE FITNESS	FS
11.15AM - 12.15PM	HATHA YOGA - ANNE	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
1.30PM - 2.00PM	WOMEN'S WEIGHTS WORKSHOP	GYM
5.15PM - 5.45PM	KETTLEBELLS	FS
6.00PM - 6.30PM	LES MILLS GRIT - KATIE	FS
6.00PM - 6.45PM	LIVE SPIN	SS
7.00PM - 7.30PM	LES MILLS SPRINT	SS
7.00PM - 8.00PM	HATTON BOXING COURSE*	FS

## THURSDAY

7.15AM - 7.45AM	GYM STRENGTH	GYM
8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 9.45AM	STRENGTH	FS
10.15AM - 11.15AM	LM BODYBALANCE - CONNIE	FS
11.30AM - 12.15PM	DANCE FIT - CONNIE	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
1.30PM - 2.00PM	KETTLEBELLS	FS
2.15PM - 3.15PM	PILATES - SARAH	FS
5.00PM - 5.30PM	CORE + GLUTES	FS
5.45PM - 6.45PM	YIN YOGA - RICKY	FS
6.00PM - 6.45PM	LIVE SPIN	SS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	FS
7.00PM - 8.00PM	HATTON BOXING COURSE*	FS

## SATURDAY

8.00AM - 8.45AM	LES MILLS THE TRIP (V)	SS
9.00AM - 9.45AM	LES MILLS BODY PUMP	FS
10.00AM - 10.45AM	LES MILLS RPM (V)	SS
10.00AM - 11.00AM	PILATES - SALLY	FS
11.00AM - 11.30AM	WOMENS WEIGHTS WORKSHOP	GYM
11.30AM - 12.00PM	LES MILLS SPRINT (V)	SS

## SUNDAY

9.00AM - 10.00AM	LM BODYBALANCE - ALESSA	FS
10.00AM - 10.45AM	LIVE SPIN	SS
11.00AM - 11.45AM	LES MILLS RPM (V)	SS
11.15AM - 11.45AM	KETTLEBELLS	FS
12.00PM - 12.45PM	LES MILLS THE TRIP(V)	SS



# PERSONAL TRAINING

6 HOURS FOR PRICE OF 5  
BOOK VIA APP

## REASONS TO BOOK:

FITNESS ANALYSIS  
CUSTOM PROGRAM  
FAT LOSS  
MUSCLE GAIN  
STRENGTH TRAINING

LEARN TO USE WEIGHTS  
RACKETS/GOLF  
FITNESS RECOVERY  
NUTRITION ADVICE  
MOTIVATION

EXETER  
GOLF AND  
COUNTRY  
CLUB