

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 - SARAH	FS
10.00AM - 10.45AM	STRENGTH	FS
10.00AM - 11.00AM	FLOW YOGA - ANNE	BR
10.00AM - 10.45AM	LES MILLS THE TRIP (V)	SS
11.15AM - 12.15PM	FLOW YOGA - ANNE	BR
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.00PM - 1.45PM	LES MILLS RPM	SS
5.15PM - 5.45PM	CIRCUITS	FS
6.00PM - 6.30PM	FUNCTIONAL FITNESS	FS
6.00PM - 6.45PM	LES MILLS THE TRIP (V)	SS
6.45PM - 7.45PM	POWER YOGA - RICKY	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
8.00PM - 9.00PM	LES MILLS BODYBALANCE - ALESSA	FS

TUESDAY

8.00AM - 8.45AM	PILATES - LENKA	FS
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
10.00AM - 11.00AM	FLOW YOGA - ANNE	BR
10.15AM - 11.00AM	BARRE FITNESS	FS
11.15AM - 12.15PM	HATHA YOGA - ANNE	BR
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
5.15PM - 5.45PM	KETTLEBELLS	FS
5.30PM - 6.30PM	VINYASA YOGA - LENKA	BR
6.00PM - 6.30PM	FUNCTIONAL FITNESS	FS
6.00PM - 6.45PM	LIVE SPIN	SS
6.30PM - 7.30PM	HATTON BOXING COURSE*	FS
6.45PM - 7.45PM	YIN & YANG YOGA - LENKA	BR
7.00PM - 7.30PM	LES MILLS SPRINT	SS
8.15PM - 9.00PM	LES MILLS BODYBALANCE - ALESSA	FS

WEDNESDAY

7.15AM - 7.45AM	FUNCTIONAL FITNESS	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
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
1.30PM - 2.30PM	FLOW YOGA - ANNE	FS
5.15PM - 6.00PM	STRENGTH	FS
6.00PM - 6.45PM	LES MILLS THE TRIP (V)	SS
6.00PM - 7.00PM	POWER YOGA - RICKY	BR
6.15PM - 7.00PM	RUNNING CLUB MEET AT RECEPTION	OUT
6.15PM - 7.00PM	LES MILLS BODYPUMP - LOU	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.15PM - 8.15PM	LEGS, BUMS, TUMS	FS
7.15PM - 8.00PM	PILATES - SARAH	BR

THURSDAY

8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 10.00AM	ASHTANGA YOGA - EMMA	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
12.30PM - 1.30PM	PILATES - SARAH - TRIAL	BR
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
2.15PM - 3.15PM	PILATES - SARAH	BR
5.45PM - 6.30PM	PILATES - LENKA	FS
6.30PM - 7.30PM	HATTON BOXING COURSE*	FS
5.45PM - 6.45PM	YIN YOGA - RICKY	BR
6.00PM - 6.45PM	LIVE SPIN	FS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.00PM - 8.00PM	YIN YOGA - RICKY	BR

FRIDAY

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
11.00AM - 11.45AM	PILATES - SARAH	BR
12.00PM - 1.15PM	PILATES & MEDITATION - SARAH	BR
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/SIAN	FS
6.00PM - 6.45PM	LES MILLS THE TRIP (V)	SS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.15PM - 7.45PM	GYM STRENGTH	GYM

SATURDAY

8.00AM - 8.45AM	LES MILLS THE TRIP (V)	SS
9.00AM - 9.45AM	STRENGTH - IZZY	FS
10.00AM - 10.45AM	LES MILLS RPM (V)	SS
10.00AM - 11.00AM	PILATES - SALLY	FS
11.30AM - 12.00PM	LES MILLS SPRINT (V)	SS

SUNDAY

9.00AM - 10.00AM	LM BODYBALANCE - ALESSA/SIAN	FS
10.00AM - 10.45AM	LIVE SPIN	SS
10.30AM - 11.00AM	KETTLEBELL TECHNIQUE	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

**FREE FOR FITNESS MEMBERS | £9 FOR OTHER MEMBERS
BOOK ON THE APP | INFO@EXETERGCC.CO.UK**

***ADDITIONAL COST COURSES BOOKABLE ON THE APP**

(V) = VIRTUAL CLASS | SS = SPIN STUDIO

FS = FITNESS STUDIO | BR = BRIDGE ROOM | WP = WEAR PARK

STRENGTH + CARDIO

FUNCTIONAL FITNESS

Cross-fit style of training to ramp up strength and stamina - challenge yourself & progress quickly.

CIRCUITS

A multi-station cardio, resistance and strength workout.

LES MILLS BODYPUMP

Light to medium weights to shape, tone and strengthen all major muscle groups.

LEGS, BUMS, TUMS

Squats, lunges and abs focused workout.

BARRE FITNESS

Ballet-based workout targeting glutes, core, feet & ankle strength.

KETTLEBELLS

Swing, lunge and squat to strengthen & tone.

KETTLEBELL TECHNIQUE - the best way to get the most from Kettlebell classes for maximum results & safety.

RUNNING CLUB

A social group run - suitable for everyone able to run 5K - various pace levels welcome.
Free for all members.

SPIN

LES MILLS SPRINT (V)

30-minute High-Intensity workout.

LES MILLS RPM (V)

A great way into virtual spin - fun, low impact, with great music.

LES MILLS THE TRIP (V)

Fully immersive, floor to ceiling screen for a 40-minute journey through digitally-created worlds.

LIVE SPIN

Ultra-motivational, group cycling to music to target different muscle groups. Suitable for all levels.

WELLNESS

LES MILLS BODYBALANCE

Flow yoga with a touch of core-based pilates, to improve flexibility, strength, and posture. A faster moving yoga class to increase muscle endurance, core strength and concentration.

BEGINNERS YOGA

The best way to start with introductions to poses and breathing techniques, gradually improving agility and balance.

ASHTANGA YOGA

Dynamic yoga synchronizing breath with a progressive series of postures to build strength, flexibility, and inner focus.

FLOW | VINYASA YOGA

A fluid practice connecting movement and breath in a smooth, continuous sequence of poses to promote balance, strength, and mindfulness.

HATHA YOGA

A slower moving class, working through yoga poses and breathing techniques more slowly and with more static holds.

POWER YOGA

Improve muscle strength and endurance with challenging poses, moving from one pose to the next quickly.

YIN YOGA

Yin yoga is a type of yoga that involves passive poses that are held for an extended time.

YIN & YANG YOGA

A balanced practice combining slow, passive Yin poses (targeting connective tissues, promoting deep relaxation) with dynamic, active Yang flows (building strength, heat, and stamina),

PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and mobility.