EXETER GOLF AND COUNTRY CLUB

GROUP EXERCISE TIMETABLE

NOVEMBER - JANUARY

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 - 10.45AM	LES MILLS THE TRIP (V)	SS
10.00AM - 11.00AM	FLOW YOGA - ANNE	BR
11.15AM - 12.15PM	FLOW YOGA - ANNE	BR
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
12.00PM - 12.45PM	AQUA AEROBICS	IP
12.30PM - 13.15PM	YIN YOGA - TARA	FS
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	PILATES	FS

TUESDAY

8.00AM - 8.45AM	PILATES - SHANNON	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 - 12.00PM	LES MILLS BODYCOMBAT	FS
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 (V)	SS
5.15PM - 5.45PM	KETTLEBELLS	FS
5.30PM - 6.30PM	VINYASA YOGA	BR
6.00PM - 6.45PM	LIVE SPIN	SS
6.15PM - 6.45PM	HYBRID TRAINING	FS
6.45PM - 7.45PM	YIN & YANG YOGA	BR
7.00PM - 8.00PM	HATTON BOXING COURSE*	FS
7.00PM - 7.30PM	LES MILLS SPRINT	SS
8.15PM - 9.00PM	PILATES	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	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	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

THURSDAY

8.00AM - 8.45AM	LES MILLS RPM (V)	SS
9.15AM - 10.00AM	ASHTANGA YOGA - EMMA	FS
10.15AM - 11.15AM	BODYBALANCE	FS
11.30AM - 12.15PM	DANCE FIT	FS
12.00PM - 12.45PM	LES MILLS THE TRIP (V)	SS
12.00PM - 12.45PM	AQUA AEROBICS	IP
1.00PM - 1.45PM	LES MILLS RPM (V)	SS
1.00PM - 2.00PM	PILATES - SARAH	BR
2.15PM - 3.15PM	DISCO PILATES - SARAH	FS
5.45PM - 6.30PM	PILATES - SHANNON	FS
5.45PM - 6.45PM	YIN YOGA - RICKY	BR
6.00PM - 6.45PM	LIVE SPIN	SS
7.00PM - 7.30PM	LES MILLS SPRINT (V)	SS
7.00PM - 8.00PM	HATTON BOXING COURSE*	FS
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 BODYPUMP	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	BODYBALANCE/ENERGISING YOGA	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	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

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 | IP = POOL