



FINAGHY CLASS TIMETABLE

JANUARY - MARCH 2019

ACTIVITY KEY

- Strength
- Cardio
- Total Body Conditioning
- Mind & Body
- HIIT
- Boxing

	MORNING				MID DAY	EVENING								
MON	6.15-7.00 STUDIO CYCLE		9.30-10.15 BODY PUMP™	10.25-10.55 BODY ATTACK		5.15-5.45 GYMCO HIIT	5.30-6.00 SPRINT	5.50-6.50 BODY PUMP™	6.10-6.55 STUDIO CYCLE	7.00-7.30 SWEAT BOX	7.00-7.30 BODY ATTACK™	7.05-7.35 SPRINT	7.35-8.05 CX WORX	8.15-9.15 YOGA
TUE	6.30-7.00 SPRINT	6.15-7.00 CIRCUITS		10.00-10.45 BOXING CIRCUITS		5.30-6.00 GYMCO FIT	5.45-6.30 STUDIO CYCLE	6.15-7.15 BODY PUMP™	6.40-7.25 STUDIO CYCLE	7.25-8.10 BOOT CAMP	8.15-9.15 PILATES			
WED	6.15-7.00 STUDIO CYCLE		10.00-10.30 SPRINT	10.35-11.35 YOGA		5.30-6.00 SWEAT BOX	6.00-6.45 GYMCO CIRCUITS	6.00-6.45 STUDIO CYCLE	7.00-7.30 SPRINT	7.00-8.00 BODY PUMP™	8.15-9.15 YOGA			
THU	6.30-7.00 SPRINT	6.15-7.00 KETTLE BELLS	9.30-10.30 KETTLE BELLS		12.30-1.00 SPRINT	5.15-5.45 SWEAT BOX	6.00-6.45 BODY PUMP™	6.00-6.45 STUDIO CYCLE	7.00-7.30 BODY ATTACK™	7.45-8.30 BOXING CIRCUITS				
FRI	6.15-7.00 STUDIO CYCLE & ABS	6.15-6.45 GYMCO FIT		10.00-10.45 BODY PUMP™		5.45-6.30 STUDIO CYCLE	6.00-6.30 SWEAT BOX							
SAT		8.30-9.30 BOOT CAMP	9.45-10.30 BODY PUMP™	9.45-10.30 STUDIO CYCLE										
SUN		10.00-10.45 GYMCO WARRIOR	11.00-11.45 STUDIO CYCLE	11.00-12.00 YOGA	12.30-1.15 KETTLE BELLS									



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- **BODYATTACK™** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

- **BODYPUMP™** - The Original Barbell workout that strengthens and shapes your entire body. Using the REP EFFECT™ -light weights, high reps- you will feel the change happening instantly.

- **LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

- **GYM CO HIIT™** is a 30-minute high-intensity interval training (HIIT) based workout, designed to make you perform like an athlete. Gym Co HIIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

- **CX Worx** - Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together.

- **GymCo Warrior** – Are you up to the challenge? GymCo Warrior combines bodyweight, resistance and cardio training in this Bootcamp/Crossfit style workout. You will definitely be pushed to your limits with some innovative workout ideas from our own fitness team.

- **Circuits** – This workout will get you toned & burning heaps of calories due to its combination of resistance, cardio & core exercises. You can get a lot done in 45 minutes.

- **Boxing Circuits** – Boxing meets Conditioning with this Fight-style fitness class. You'll train muscles in a similar way to boxers while getting some frustration out on the boxing pads. This will leave you like a Champion

- **Studio Cycle** – This indoor cycling experience is an incredible way to get fit and burn lots of calories. You'll be taken on a journey away from the gym, over hills, along open roads, down fast descents and on to a fitness high like no other.

- **Kettlebells** – Kettlebell training is a great way to improve strength, agility and core stability. Using a Kettlebell you will perform cleans, snatches, presses in multiple combinations to get a great all-round workout.

- **Sweat Box** – A 30 minute workout that will teach you the skills of a boxer as well as give your body a great conditioning workout. Using Padwork, Bag work & a mix of bodyweight exercise straight out of the boxing gym, you'll be in champion shape in no time.

- **Yoga** – Originating from Ancient India, Yoga is made up of a series of poses, meditation and breathing techniques to give you greater control of the body and the mind as well as improving flexibility and mobility.

- **Pilates** – Focusing largely on correct breathing, spinal and pelvic alignment and a concentration on smooth flowing movements this is class is the perfect way to strengthen your core and develop a powerful posterior chain.



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