

GYM CO

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CITYSIDE TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15AM	GYMCO CYCLE45 ^Δ	BODYPUMP [⌘]	GYMCO CYCLE45 ^Δ	GYMCO 50:50 ^Δ	GYMCO CYCLE + CORE ^Δ		
9.45AM	GYMCO 50:50 ^Δ	GYMCO CONDITIONING [⌘]	BODYPUMP [⌘]	GYMCO CONDITIONING [⌘]	SPRINT ^Δ	8.15AM BODYPUMP [⌘]	
5.30PM	BODYPUMP [⌘]	SPRINT ^Δ		GYMCO CYCLE45 ^Δ	GYMCO 50:50 ^Δ		
5.30PM	GYMCO BOXFIT [◦]		BOXING CIRCUITS [⌘]	GRIT [⌘]		9.30AM	GYMCO CYCLE45 ^Δ
6.00PM	GYMCO CYCLE45 ^Δ	GRIT [⌘]		BODYCOMBAT [⌘]		10.30AM	STEP [⌘]
6.15PM			GYMCO CYCLE45 ^Δ				
6.45PM		BODYPUMP [⌘]					
7.00PM	GYMCO KETTLEBELLS [⌘]			BODYPUMP [⌘]			
7.30PM		GYMCO STRETCH [⌘]					
7.45PM				YOGA [⌘]			

LOCATION
 ⌘ MAIN STUDIO
 Δ CYCLE STUDIO
 ◦ SWEAT BOX

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CLASS DESCRIPTIONS

HIIT CLASSES

GYMCO BLAST: Looking for a New Challenge? GymCo Blast is the answer. Using our new Assault Bikes, Rowers and Ski Ergs mixed with Kettlebells, Wall Balls & Bodyweight moves this will push your fitness to a new level. This class works well as a bolt on to your regular classes or simply for a hard hitting 30-minute workout.

STRENGTH CLASSES

KETTLEBELL CIRCUITS: This is the full body workout using a cast iron ball with a handle working through sequences of back to back exercises, supersetting dynamic movements that will target endurance, strength, balance and agility.

LES MILLS 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.

CARDIO CLASSES

LES MILLS BODYCOMBAT™ Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

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.

BOXING CLASSES

BOXING CIRCUITS: Boxing meets Conditioning with 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

MIND AND BODY

GYMCO STRETCH: This class is designed to improve mobility and flexibility. Spend some time at the end of the day loosening out any stiffness and improving mobility to get the most out of every class.