

**GYM CO**

GYMBELFAST.CO.UK


**FINAGHY**

TIMETABLE



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6.15AM	GYMCO CYCLE 45 Δ	GYMCO CIRCUITS ≠	GYMCO CYCLE 45 Δ	GYMCO 50:50 ≠	GYMCO CYCLE 45 Δ			
9.45AM	BODYPUMP ≠	GYMCO CYCLE 45 Δ	GYMCO CYCLE 45 Δ	BODYPUMP ≠	GYMCO CIRCUITS ≠	9.00AM	GYMCO CYCLE 45 Δ	
9.45AM			YOGA ≠			10.00AM	BODYPUMP ≠	GYMCO CYCLE 50:50 Δ
12.30PM		GYMCO CYCLE 30 Δ		GYMCO CYCLE 30 Δ	GYMCO BLAST + CORE ≠	11.00AM		YOGA ≠
5.30PM	GYMCO CYCLE 30 Δ	BODYPUMP ≠		GYMCO 50:50 Δ	GYMCO CYCLE 45 Δ	12.00 NOON		
5.30PM	BODYPUMP ≠							
6.00PM		GYMCO CYCLE 45 Δ	GYMCO CYCLE 45 Δ					
6.30PM	GYMCO BOXING CIRCUITS ≠	GYMCO CIRCUITS ≠		BODYPUMP ≠				
6.30PM	GYMCO CYCLE 30 Δ	GYMCO CYCLE 45 Δ						
7.00PM			BODYPUMP ≠					
7.30PM	GYMCO STRETCH ≠							
8.00PM			YOGA ≠					

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finaghy classes



**LOCATION** ———

≠ MAIN STUDIO  
Δ SPIN STUDIO

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## TIMETABLE



# 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 and 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

**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.

**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.

**GYMCO CIRCUITS:** This workout will get you toned and burning heaps of calories due to its combination of resistance, cardio and core exercises. You can get a lot done in 45 minutes. Bootcamp – This Circuit style workout based on military techniques and is guaranteed to challenge both your mental and your physical strength. Are you tough enough?

## CARDIO CLASSES

**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.

## MIND AND BODY

**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.

**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.