

**GYM CO**

[GYMBELFAST.CO.UK](http://GYMBELFAST.CO.UK)

# **CITYSIDE** TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6.15AM	GYMCO CYCLE45 <sup>Δ</sup>	BODYPUMP <sup>≠</sup>	GYMCO CYCLE45 <sup>Δ</sup>	GYMCO 50:50 <sup>Δ</sup>	GYMCO CYCLE + CORE <sup>Δ</sup>			
9.45AM	GYMCO 50:50 <sup>Δ</sup>	GYMCO BOXING CIRCUITS <sup>≠</sup>	BODYPUMP <sup>≠</sup>	GYMCO CONDITIONING <sup>≠</sup>	SPRINT <sup>Δ</sup>	8.15AM	BODYPUMP <sup>≠</sup>	
5.30PM	BODYPUMP <sup>Δ</sup>			GYMCO CYCLE45 <sup>Δ</sup>	GYMCO 50:50 <sup>Δ</sup>			
5.45PM		SPRINT <sup>Δ</sup>	GYMCO CYCLE45 <sup>Δ</sup>	GRIT <sup>≠</sup>		9.30AM		GYMCO CYCLE45 <sup>Δ</sup>
6.00PM	GYMCO CYCLE30 <sup>Δ</sup>		GYMCO CARDIO KICK <sup>≠</sup>			10.30AM		STEP <sup>≠</sup>
6.15PM		GRIT <sup>≠</sup>		BODYCOMBAT <sup>≠</sup>				
6.30PM	GYMCO BOXING CIRCUITS <sup>≠</sup>	GYMCO CYCLE30 <sup>Δ</sup>						
7.00PM	GYMCO BLAST <sup>≠</sup>	BODYPUMP <sup>≠</sup>	BODYCOMBAT <sup>≠</sup>					
7.15PM				BODYPUMP <sup>≠</sup>				
7.45PM		GYMCO STRETCH <sup>≠</sup>		YOGA <sup>≠</sup>				

**LOCATION**  
<sup>≠</sup> MAIN STUDIO  
<sup>Δ</sup> CYCLE STUDIO  
<sup>◦</sup> SWEAT BOX

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 TIMETABLE

scan code to book cityside classes



# 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.