

GYM CO

GYMBELFAST.CO.UK

CITYSIDE TIMETABLE

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|--------|-------------------------|-------------------------|---------------------|----------------------|----------------------|---------|------------|------------------|
| 6.15AM | GYMCO BLAST ⚡ | BODYPUMP ⚡ | GYMCO CYCLE 45 Δ | GYMCO 50:50 Δ | GYMCO CYCLE + CORE Δ | | | |
| 9.45AM | GYMCO 50:50 Δ | GYMCO BOXING CIRCUITS ⚡ | BODYPUMP ⚡ | GYMCO CONDITIONING ⚡ | SPRINT Δ | 8.15AM | BODYPUMP ⚡ | |
| 5.30PM | BODYPUMP ⚡ | | | GYMCO CYCLE 45 Δ | GYMCO 50:50 Δ | 8.30AM | | RUNNING CLUB |
| 5.45PM | | SPRINT Δ | GYMCO CYCLE 45 Δ | GRIT ⚡ | | 9.30AM | | GYMCO CYCLE 45 Δ |
| 6.00PM | GYMCO CYCLE 30 Δ | | GYMCO CARDIO KICK ⚡ | | | 10.30AM | | |
| 6.15PM | | GRIT ⚡ | | BODYCOMBAT ⚡ | | | | |
| 6.30PM | GYMCO BOXING CIRCUITS ⚡ | GYMCO CYCLE 30 Δ | | RUNNING CLUB | | | | |
| 7.00PM | GYMCO BLAST Δ | BODYPUMP ⚡ | | | | | | |
| 7.15PM | | | | YOGA ⚡ | | | | |
| 7.45PM | | GYMCO STRETCH ⚡ | | | | | | |

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.