

GROUP FITNESS TIMETABLE - LISBURN

MONDAY

06.30 - CIRCUITS 30 ****
 07.00 - RPM 30 **
 08.00 - SPIN 45 (V) **

09.30 - RPM 45 **
 10.25 - RIG WORKOUT 30
 10.15AM - SPIN 45 (V) **

12.00PM - SPIN 45 (V) **
 13.15PM - RIG WORKOUT 30 ****

16.30 - 10 minute GYM ****
 17.30 - BODY ATTACK 30 ****
 17:25 - RIG WORKOUT 30 ****
 18.00 - CXWORX30 **
 18.30 - RIG WORKOUT 30 ****
 18.30 - BODYCOMBAT 45 **
 18.45 - RPM 45 **
 19:20 - FITNESS BOOTCAMP 45 sign up
 19.35 - SPRINT 30 **
 19.15 - BODYPUMP 45 **
 20.10 - BALANCE 60

TUESDAY

06.30 - RIG WORKOUT 30 ****
 07.05 - SPRINT 30 **
 08.00 - SPIN 45 (V) **

09.30 - BODYCOMBAT 45 **
 10.25 - SGT ****

12.00 - SPIN 45 (V) **
 13.15 - RPM 30 **
 14.00 - BODYFIT MUMS
 15.00 - BODYFIT MUMS

16:00 - KIDS FITNESS (Primary 4-7)
 16:45 - TEEN FITNESS (Year 8-12)
 16.30 - SPIN 45 (V) **
 16.30 - 10 minute GYM
 17:30 - SPRINT 30
 17.30 - NEW member induction ****
 18.00 - BODYATTACK 30 ****
 18.00 - RIG WORKOUT 30 ****
 18.30 - BODY COMBAT 45 **
 18.30 - SPIN 45 **
 19.20 - BODYPUMP 45 **
 20.10 - GYM CIRCUITS 45 ****

WEDNESDAY

07.00 - RPM 30 **
 08.00 - SPIN 45 (V) **

09.30 - SPRINT 30 **
 10.05 - BODY ATTACK 30

12.00 SPIN 45 (V) **
 13.15PM - RIG WORKOUT 30 ****

16.00 - SPIN 45 (V) **
 16.15 - 10 minute GYM
 17:30 - SPIN 30 ****
 18:00 - HIIT 30 ****#
 18:00 - RIG WORKOUT 30 ****
 18:30 - BODY PUMP 45 ****
 18:30 - SPIN 45
 19.15 - BODY COMBAT 45 **
 20:00 - FITNESS BOOTCAMP 45 sign up
 20:15 - NEW member induction ****

THURSDAY

06.30 - RIG WORKOUT 30 ****
 07.05 - SPIN 30
 08.00 - SPIN 45 (V) **

09.30 - BODYPUMP 45 **

13.15PM - RIG WORKOUT 30 ****
 14.00 - BODYFIT MUMS
 15.00 - BODYFIT MUMS

16.30 - SPIN 45 (V) **
 16.30 - KETTLEBELL COURSE sign up
 17.30 - BODYPUMP 30 **
 18.00 - CX WORX 30 **
 18.30 - BODYATTACK 45 ****
 18.55 - SPRINT 30 **
 19.30 - BODY COMBAT 45 **

FRIDAY

06.35 - HIIT ****
 08.00 - SPIN 45 (V) **

09.30 - SPRINT 30 **
 10.05 - CX WORX **
 10.45 - SPIN 45 (V) **

12.00 - SPIN 45 (V) **
 13.15PM - RIG WORK OUT ****

16.00 - SPIN 45 (V) **
 16.30 - TEAM TRAINING 30 ****
 17.25 - RPM 30 **
 18.00 - RIG WORKOUT 30 ****#
 18:30 - KB HITT 30 ****#
 19:30 - RIG WORKOUT 30 ****
 20.00 - SPIN 45 (V) **

(V) = VIRTUAL FITNESS

(TT) = TEAM TRAINING (small group training)

10 | 20 | 30 | 40 | 45 = DURATION

OUR BOOKING APP



'FITSENSE'

SATURDAY

08.15 - CIRCUITS 30 ****
 08.50 - RPM 30 **

09.30 - BODYCOMBAT 45 **
 10.30 - RIG WORKOUT 30 ****
 11.10 - SPIN 45 (V) **

12.00 - NEW MEMBER INDUCTION



TRAIN SMART*

***STRENGTH & TONE**

***BURN FAT**

*** CORE & FUNCTIONAL STRENGTH**

***ATHLETIC CONDITIONING**

*** EDUCATION (knowledge is power)**

