



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Get fast, fit and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



A 45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Get fit fast with moves from martial arts, sports conditioning, dance and yoga.

This timetable is correct at time of print.
Classes and times are subject to change at any time.
Please check at Reception for the latest version.



A 30-minute high-intensity interval training (HIIT).



High-intensity interval training designed to improve strength and build lean muscle.



High-intensity interval training that improves cardiovascular fitness.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

ONDEMAND

Choose your own virtual class!
Choose from a wide selection of classes along with the length of the class, within the time allocated.

CLASS CAPACITIES

RPM & SPRINT	20
BODYPUMP	16
GRIT	16
All other classes	18



ST MARY'S CALNE SPORTS CLUB



TIMETABLE

Valid from 28th February 2024





VIRTUAL FITNESS TIMETABLE



MONDAY

10:30 - 11:15
BODY COMBAT™



12:00 - 12:45
BODY PUMP™



TUESDAY

08:00 - 08:45
BODY PUMP™



13:30 - 14:20
RPM™



WEDNESDAY

12:00 - 12:30
GRIT™
CARDIO



12:45 - 13:30
ON DEMAND
Choose your own class

15:00 - 15:45
BODY COMBAT™



16:00 - 17:00
ON DEMAND
Choose your own class

THURSDAY

11:30 - 12:30
ON DEMAND
Choose your own class

13:00 - 13:45
BODYBALANCE™



FRIDAY

06:45 - 07:15
GRIT™
STRENGTH



11:00 - 11:45
CORE™



12:45 - 13:45
ON DEMAND
Choose your own class

14:00 - 14:45
BODYATTACK™



15:15 - 16:15
ON DEMAND
Choose your own class

SATURDAY

07:00 - 07:30
GRIT™
ATHLETIC



10:00 - 10:35
BORN TO MOVE
13-16 year olds



11:00 - 12:00
ON DEMAND
Choose your own class

16:00 - 17:00
ON DEMAND
Choose your own class

17:30 - 18:30
ON DEMAND
Choose your own class

GROUP EXERCISE ETIQUETTE

For the safety and comfort of all group exercise users, we kindly request you read and understand the etiquette guidelines which can be found on the Dance Studio wall and also on our website.

For health and safety and to prevent disruption to other members, please arrive 5 minutes before the class begins. This also allows you to complete any set ups that may be required before the class starts.

Please inform a member of staff if you have any medical conditions that we should be aware of before you participate in any of the virtual sessions.

Thank you.

WHAT TO EXPECT FROM YOUR VIRTUAL CLASS

LES MILLS™ Virtual workouts combine the world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. With your instructor being on the screen rather than in-person, you will be lead through the class in the same way, with clear and concise instructions. If you have any questions please do not hesitate to ask at Reception.

Strength
&
Condition

Cardio/
Aerobic

Mind
&
Body

HIIT

Cycling

Other