



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 ask at Reception for up to date information.**



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.



The Trip is an immersive cycling workout that will elevate your heart rate and sensory experience. You will be transported to the future of fitness through digitally-created worlds and take your motivation to the next level.



A high energy workout that incorporates innovative dance movements that work cohesively with progressive music inspired by global dance genres.



ST MARY'S CALNE  
SPORTS CLUB



## TIMETABLE

**Now on our booking system!  
Ask at reception or book via the app.**

**Valid from 2 February 2026**

**Lifestyle**  
Active Life  
Healthy Life  
Live Life

# VIRTUAL FITNESS TIMETABLE

## MONDAY

10:30 - 11:15  
**BODY PUMP™**

## TUESDAY

08:00 - 08:45  
**BODY PUMP™**

## WEDNESDAY

12.00 - 12.30  
**GRIT™ Strength**

## THURSDAY

12:00 - 12:45  
**THE TRIP™**

## FRIDAY

06:45 - 07:15  
**GRIT™ Cardio**

## SATURDAY

07.00 - 07.30  
**GRIT™ Athletic**

13:30 - 14:20  
**RPM™**

12:45 - 13:30  
**GRIT™ Cardio**

13:00 - 13:45  
**BODYBALANCE™**

12:45 - 13:45  
**BODY PUMP™**

10.00 - 10.35  
**BORN TO MOVE**  
13-16 year olds

## 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.

Virtual classes can be booked at reception or via the app, 7 days in advance. Booking is advisable to ensure a space on the class you wish to attend.

**Members may now attend virtual classes on their own. A one-time Safety Waiver Form is required prior to attending. Please ask at reception.**

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.

15:00 - 15:45  
**BODY COMBAT™**

16:00 - 17:00  
**DANCE!**

Strength & Condition

Cardio/ Aerobic

Mind & Body

HIIT

Cycling

Other

## CLASS CAPACITIES

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

## 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.