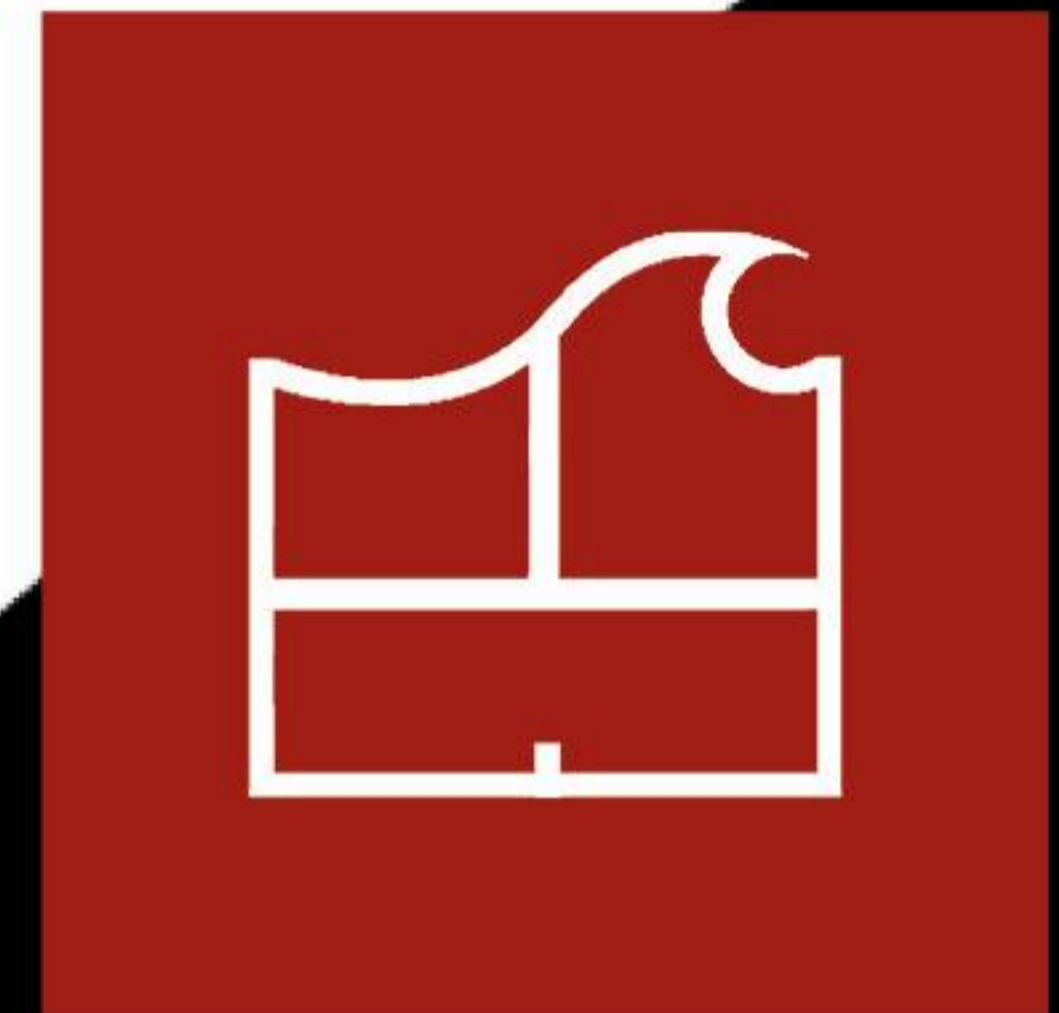
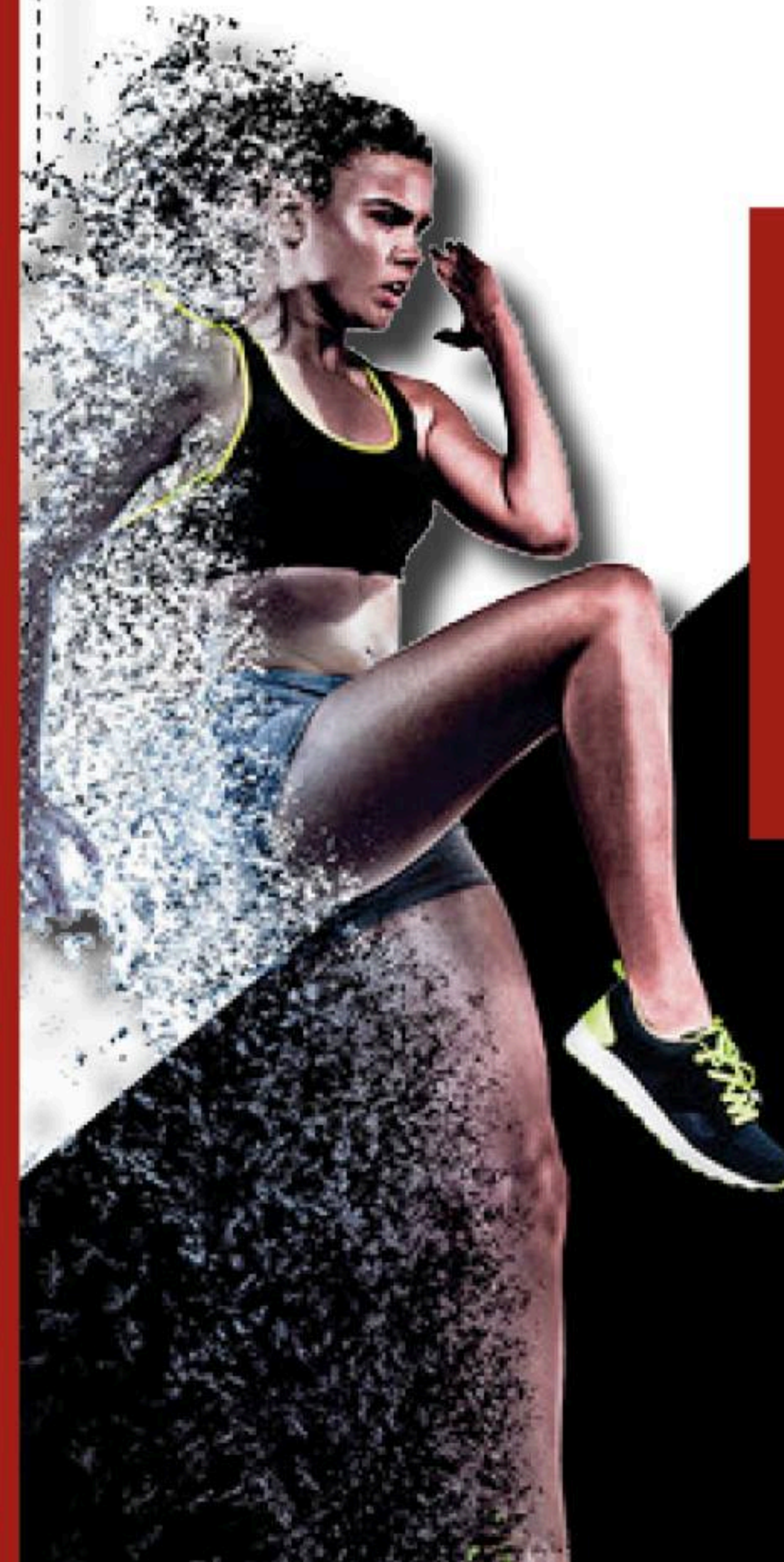


BELFAST BOAT CLUB

FITNESS

WINTER TIMETABLE



MONDAY

7.00am – 8.00am	MONDAY MORNING MIX
10.15am – 11.00am	CARDIO CORE
6.00pm – 6.30pm	SPIN
6.30pm – 7.15pm	BODY CONDITIONING

TUESDAY

10.15am – 11.00am	FULL BODY BLAST
6.00pm – 7.00pm	BOX FIT

WEDNESDAY

6.00pm – 7.00pm	BOOTCAMP
6.15pm – 7.15pm	PILATES

THURSDAY

10.15am – 11.00am	BODY CONDITIONING
6.00pm – 6.30pm	SPIN
6.15pm – 7.15pm	YOGA
6.30pm – 7.15pm	BOAT CLUB PUMP

FRIDAY

7.00am – 8.00am	FRIDAY MORNING CIRCUITS
6.00pm – 7.00pm	CIRCUITS

SATURDAY

9.30am – 10.00am	CARDIO BLAST
10.00am – 10.45am	SWISS BALL

