



**RPM** - In RPM - Indoor cycling class set to motivating music. Based on the sport of cycle racing RPM uses a series of simulated hill climbs and sprints to burn calories and get you fit fast!

**Virtual RPM** - is a video based version of RPM where there is no live instructor. You still get the fitness benefits of a live class but the convenience of 30 minute sessions and at off peak times!

**GRIT** - 30 minute HIIT Small Group Training workout, that combines Les Mills Grit 'PiYo and Cardio' workouts giving you a complete workout of body weight and explosive exercises that will help build a powerful, lean and athletic body.

**GRIT Strength** - 30 minute HIIT Small Group Training workout, that builds lean muscle and strips fat. This workout includes barbell weight plates and body weight exercises to blast all the major muscle groups.

**GRIT Plyo** - is a 30-minute HIIT plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

**BodyBalance** - Mind and Body class that has you bending and stretching through safe and simple yoga moves blended with elements of Pilates and Yoga that improves core strength and flexibility.

**Spin Express** - Indoor cycling session that offers a great workout in a short 30 minute session.

**Spin Fit** - The big brother to Spin Express where you get an additional 15 minutes to burn even more calories in a workout sure to help you smash your fitness goals.

**Spin Plus** - The cyclists workout - a 45 minute simulated route ride, taking in local hills and variable terrain. This is followed by a 30 minutes including strength work, core and stretching.

**Spin Start** - Beginners class where you learn the basics and get comfortable on the bike. We advise first timers to do this session before the other cycling classes.

**Pilates** - Anyone of any level of fitness can do Pilates. The Pilates system works the body as a whole and aims to co-ordinate the upper and lower muscle groups with the centre of the body. This has a dramatic effect on strength, flexibility, posture and co-ordination.

**PIYO** - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Zumba** - Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring!

**Learn to Lift** - This is a great introduction to strength training where in a small group you will practice your technique and build confidence using a weighted bar in the strength gym.

**Ceilidh Class** - This instructor led class features live music and caters for all ages and abilities. You'll cover all the Ceilidh classics and might even learn something new.

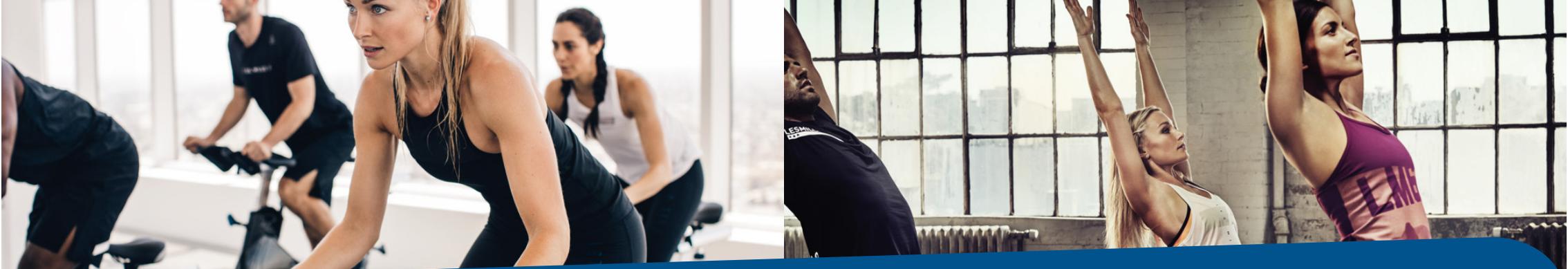
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## Bell's Sports Centre Fitness Class Timetable

From January 2019



## Bell's Sports Centre - Fitness Class Timetable - Jan 2019

### Monday

**Power Yoga**  
07:30 - 08:15

**BodyBalance**  
10:30 - 11:30

**RPM**  
12:15 - 13:00

**Virtual RPM**  
16:15 - 17:00

**Spin Express**  
17:30 - 18:00

**RPM**  
18:10 - 18:55

**GRIT Strength**  
19:10 - 19:40

**BodyBalance**  
19:50 - 20:50

### Tuesday

**Spin Express**  
07:30 - 08:00

**Virtual RPM**  
09:45 - 10:30  
10:45 - 11:05 \*Beginner

**Virtual GRIT Strength**  
12:15 - 13:00

**Virtual GRIT Plyo**  
16:15 - 16:45

**GRIT**  
17:15 - 17:45

**PiYo**  
17:55 - 18:40

**RPM**  
18:50 - 19:35

**Spin Start**  
19:45 - 20:15

**Virtual GRIT Strength**  
20:30 - 21:00

### Wednesday

**BodyBalance**  
07:30 - 08:15

**Zumba**  
10:00 - 11:00

**Spin Fit**  
12:15 - 13:00

**Virtual RPM**  
16:15 - 17:00

**RPM**  
17:30 - 18:15

**GRIT**  
18:30 - 19:00

**Spin Express**  
19:10 - 19:40

**Spin Start**  
19:50 - 20:20

**Virtual RPM**  
20:30 - 21:00

### Thursday

**Virtual RPM**  
07:30 - 08:00

**RPM**  
09:45 - 10:30

**Virtual GRIT Cardio**  
12:15 - 12:45

**Virtual GRIT Strength**  
16:15 - 17:00

**GRIT Strength**  
17:30 - 18:00

**RPM**  
18:10 - 18:55

**Spin Start**  
19:05 - 19:35

**BodyBalance**  
19:45 - 20:30

**Virtual GRIT Cardio**  
20:15 - 20:45

### Friday

**Virtual GRIT Strength**  
07:30 - 08:00

**Pilates**  
09:45 - 10:45

**Virtual GRIT Cardio**  
11:00 - 11:30

**Ceilidh Class**  
12:00 - 13:00

**RPM**  
12:15 - 13:00

**Virtual RPM**  
16:15 - 17:00

**RPM**  
17:30 - 18:15

**BodyBalance**  
18:25 - 19:10

**Virtual RPM**  
19:30 - 20:15

**Virtual RPM Beginners**  
20:30 - 20:50

### Saturday

**RPM**  
09:15 - 10:00

**Learn to Lift**  
10:00 - 11:00

**BodyBalance**  
10:10 - 11:10

**Spin Plus**  
11:30 - 12:45

**Virtual RPM**  
13:30 - 14:15  
15:45 - 16:05 \*Beginner  
16:15 - 16:45

### Sunday

**Spin Start**  
09:30 - 10:00

**Spin Fit**  
10:10 - 10:55

**BodyBalance**  
11:05 - 11:50

**Virtual GRIT Cardio**  
12:00 - 12:30

**Virtual GRIT Strength**  
12:40 - 13:10

**Virtual RPM**  
13:30 - 14:15  
15:45 - 16:05 \*Beginner  
16:15 - 17:00  
19:00 - 19:45