

norwichwestexerciseactivitytimetable

IN PARTNERSHIP WITH



Monday 2nd January – Sunday 30th April 2017

■ Cardiovascular
 ■ Muscle
 ■ Mind & Body
 ■ Cardio/Sculpt

monday

STUDIO 1

■ 09:30 - 10:15 **Spinning**
■ 18:00 - 18:45 **Spinning**

STUDIO 2

■ 07:00 - 07:30 **Boxer Circuit**
■ 09:00 - 10:00 **Fitness Pilates**
■ 10:00 - 11:00 **20 / 20 / 20**
■ 17:30 - 18:00 **Power Circuits**
■ 18:05 - 18:50 **Step**
■ 18:55 - 19:40 **LBT**

SWIMMING POOL

■ 10:00 - 11:00 **Aqua Fit**

tuesday

STUDIO 1

■ 06:45 - 07:30 **Spinning**

STUDIO 2

■ 09:00 - 10:00 **Circuits**
■ 10:00 - 11:00 **Tai Chi**
■ 11:00 - 12:00 **Pure Pilates**
■ 18:00 - 18:45 **Body Combat**
■ 18:45 - 19:30 **Body Max**
■ 19:35 - 20:35 **Pure Pilates**

wednesday

STUDIO 1

■ 06:45 - 07:30 **Spinning**
■ 18:00 - 18:45 **Spinning**

STUDIO 2

■ 09:30 - 10:15 **Body Combat**
■ 10:15 - 11:00 **Triple Challenge**
■ 18:00 - 18:45 **LBT**
■ 18:45 - 19:45 **Body Pump**

SWIMMING POOL

■ 10:00 - 11:00 **Aqua Fit**

thursday

STUDIO 1

■ 09:30 - 10:15 **Spinning**

STUDIO 2

■ 09:15 - 10:00 **Body Pump**
■ 10:00 - 10:45 **LBT**
■ 11:00 - 12:00 **Pilates**
■ 18:00 - 18:45 **Body Attack**
■ 18:45 - 19:30 **Body Max**

friday

STUDIO 1

■ 09:00 - 09:45 **Spinning**

STUDIO 2

■ 09:00 - 10:00 **Body Pump**
■ 10:05 - 11:05 **Circuits**
■ 17:30 - 18:30 **Yoga**
■ 18:35 - 19:35 **Zumba**

SWIMMING POOL

■ 10:00 - 11:00 **Aqua Fit**

saturday

STUDIO 1

■ 08:45 - 09:30 **Spinning**

STUDIO 2

■ 09:45 - 10:45 **Body Pump**

sunday

STUDIO 1

■ 08:30 - 09:15 **Spinning**

STUDIO 2

■ 08:30 - 09:15 **Body Attack**
■ 09:30 - 10:00 **Boot Camp**
■ 10:00 - 11:30 **Yoga**

- Class places are allocated on a first come, first served basis. Advanced classes can be booked up to 3 days prior.
- All classes offer high and low intensity options.
- Aqua classes are based in the Pool, with at least one swimming lane available at all times during this class.
- Members will not be permitted to enter or leave classes once they have commenced, as this will prevent injuries from inadequate warming up or cooling down.
- Appropriate clothing and supporting training shoes with non marking soles must be worn in the studios.
- To participate in a Cyclefit class (or RPM) members must wear shorts or ¾ length tight fitting trousers. Full length trousers are not permitted.
- Please ensure that you have a sweat towel and adequate water to avoid dehydration. (Glass is NOT permitted in the studios).
- Members are advised that classes are fun, so please enjoy yourselves!
- Participants must be aged 16 or over.



Login to the member portal now to book your class up to 3 days in advance*

*T&Cs apply

children's swimming times

Mon - Fri 08.00am - 12.00pm & 15:30 - 18.30pm

Sat - Sun 08.00am - 12.00pm & 14:00 - 17.00pm

Children must be accompanied by an adult in the pool at all times, a maximum of two children per adult.

NO CHILDREN UNDER 12 IN THE SPA AT ALL TIMES.

personal training

People come to us with a variety of goals, for example, weight loss, regular exercise, stress reduction and increased energy levels. The solution: Hire a Personal Trainer! With a block of 10 sessions, or 1 session every week you will learn enough about fitness to reap long-term benefits. Our highly qualified Personal Trainers will train you with advanced training techniques to maximise your results in minimum time.

Bannatyne
Health Club & Spa

join.bannatyne.co.uk



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