

CLASSTIMETABLE BROADSTAIRS



MONDAY

Studio 1

07:00 - 07:30 **Metafit**
 08:45 - 09:30 **LBT**
 09:30 - 10:30 **BODYPUMP™**
 10:30 - 11:30 **Ballroom Dance**
 13:00 - 14:00 **VIRTUAL BODYPUMP™**
 14:00 - 15:00 **VIRTUAL BODYCOMBAT™**
 15:00 - 16:00 **VIRTUAL BODYBALANCE™**
 17:30 - 18:30 **BODYCOMBAT™**
 18:30 - 19:30 **20/20/20**
 19:30 - 20:30 **BODYATTACK™**

Studio 2

08:00 - 09:00 **Pilates**
 09:15 - 10:15 **Pilates**
 10:30 - 11:30 **Yoga**
 13:30 - 14:30 **Yoga**
 18:00 - 19:00 **Yoga**
 20:00 - 21:00 **Yoga**

Cycle Studio

09:30 - 10:15 **Vibe Cycle**
 19:00 - 19:45 **Group Cycle**

Pool

10:45 - 11:45 **Aqua**

Gym Floor

10:15 - 10:45 **B:Corefit**

TUESDAY

Studio 1

07:00 - 08:00 **VIRTUAL BODYPUMP™**
 08:45 - 09:30 **LBT**
 09:30 - 10:30 **Kettlebell Training**
 10:30 - 11:30 **EasyLine**
 11:30 - 12:30 **Young@Heart**
 13:00 - 15:00 **VIRTUAL BODYPUMP™**
 14:00 - 15:00 **VIRTUAL BODYCOMBAT™**
 17:00 - 17:30 **Metafit**
 18:00 - 19:00 **SH'BAM™**
 19:00 - 20:00 **BODYPUMP™**
 20:00 - 20:30 **CXWORX™**

Studio 2

08:30 - 09:30 **Pilates**
 09:30 - 10:15 **Fitball**
 10:30 - 11:30 **BODYBALANCE™**
 12:00 - 13:00 **Pilates**
 13:00 - 14:00 **Simply Stretch & Relax**
 18:00 - 19:00 **BODYBALANCE™**
 19:00 - 20:00 **Pilates**

Cycle Studio

06:30 - 07:15 **B:Matched**
 09:30 - 10:15 **RPM™**
 18:00 - 18:45 **Group Cycle**

Pool

09:15 - 10:00 **Aqua**
 12:00 - 13:00 **Aqua**

Gym Floor

07:45 - 08:15 **B:Corefit**
 18:00 - 18:30 **B:Strong**

WEDNESDAY

Studio 1

07:00 - 07:30 **Metafit**
 09:00 - 09:30 **Step**
 10:00 - 10:30 **Abs Blast**
 10:30 - 11:30 **20/20/20**
 11:30 - 12:30 **Young@Heart**
 13:00 - 14:00 **Tai Chi**
 16:00 - 17:00 **VIRTUAL BODYPUMP™**
 17:00 - 17:30 **Metafit**
 18:00 - 19:00 **BODYPUMP™**
 19:00 - 20:00 **BODYATTACK™**

Studio 2

08:30 - 09:30 **Pilates**
 09:30 - 10:30 **Yoga**
 10:30 - 11:30 **Pilates**
 11:30 - 12:30 **Yoga**
 12:30 - 13:30 **Yoga**
 19:00 - 20:00 **BODYBALANCE™**
 20:15 - 21:15 **Yoga**

Cycle Studio

08:00 - 08:45 **B:Matched**
 09:30 - 10:30 **Spin**

Gym Floor

10:00 - 10:30 **B:Strong**
 10:30 - 11:30 **EasyLine**

THURSDAY

Studio 1

08:00 - 09:00 **VIRTUAL BODYPUMP™**
 09:10 - 10:10 **BODYCOMBAT™**
 10:10 - 11:10 **BODYPUMP™**
 11:10 - 12:10 **Kettlebell Training**
 15:00 - 16:00 **VIRTUAL SH'BAM™**
 16:00 - 17:00 **VIRTUAL BODYCOMBAT™**
 17:45 - 18:45 **BODYATTACK™**
 18:45 - 19:45 **SH'BAM™**
 19:45 - 20:15 **VIRTUAL CXWORX™**

Studio 2

08:45 - 09:30 **Fitball**
 09:30 - 10:30 **Pilates**
 10:30 - 11:30 **Yoga**
 11:30 - 12:30 **Pilates**
 13:00 - 14:00 **Yoga**
 18:00 - 19:00 **BODYBALANCE™**
 19:00 - 19:30 **Metafit**

Cycle Studio

18:00 - 18:45 **Group Cycle**

Pool

09:30 - 10:30 **Aqua**

Gym Floor

06:45 - 07:15 **B:Conditioned**
 18:00 - 18:30 **B:Corefit**
 10:30 - 11:30 **EasyLine**

FRIDAY

Studio 1

08:45 - 09:30 **LBT**
 09:30 - 10:30 **20/20/20**
 10:30 - 11:00 **Abs Blast**
 11:00 - 12:00 **Young@Heart**
 12:00 - 13:00 **Ballroom Dance**
 14:00 - 15:00 **VIRTUAL BODYCOMBAT™**
 18:00 - 19:00 **Kettlebell Training**
 19:00 - 19:45 **VIRTUAL BODYCOMBAT™**
 19:45 - 20:15 **VIRTUAL BODYBALANCE™**

Studio 2

09:00 - 10:00 **Pilates**
 10:30 - 11:30 **BODYBALANCE™**
 11:30 - 12:30 **Yoga**

Cycle Studio

06:30 - 07:15 **Group Cycle**
 10:30 - 11:15 **Vibe Cycle**
 17:00 - 17:45 **B:Matched**

Pool

11:45 - 12:45 **Aqua**

Gym Floor

07:00 - 07:30 **B:Strong**

SATURDAY

Studio 1

08:15 - 08:45 **Metafit**
 09:00 - 10:00 **Kettlebell Training**
 10:30 - 11:00 **Abs Blast**
 11:00 - 12:00 **Ballroom Dance**
 12:00 - 13:00 **VIRTUAL SH'BAM™**

Studio 2

09:00 - 10:00 **Pilates**
 10:00 - 11:00 **BODYBALANCE™**

Cycle Studio

10:00 - 10:30 **Vibe cycle**

SUNDAY

Studio 1

08:15 - 09:00 **Bootcamp**
 09:00 - 10:00 **BODYATTACK™**
 10:00 - 11:00 **BODYPUMP™**
 11:00 - 12:00 **SH'BAM™**
 12:00 - 13:00 **VIRTUAL BODYBALANCE™**

Studio 2

09:00 - 10:00 **Pilates**
 10:00 - 11:00 **BODYBALANCE™**

Pool

11:15 - 12:15 **Aqua**



Your journey to a healthier lifestyle. Ask a member of the team for more information.

Bannatyne
Health Club & Spa