

CLASSTIMETABLE CHESTER LE STREET

IN PARTNERSHIP WITH **Lucozade**
SPORT

Monday

Studio 1

06:15 - 07:00 **BODYPUMP** (Virtual)™
07:05 - 07:30 **Metafit**
08:45 - 09:30 **Young at Heart**
09:30 - 10:30 **Young at Heart**
10:30 - 11:30 **BODYPUMP**™
11:30 - 12:30 **BODYBALANCE**™
12:35 - 13:20 **SH'BAM** (Virtual)™
13:25 - 14:25 **BODYCOMBAT** (Virtual)™
17:30 - 18:30 **BODYPUMP**™
18:30 - 19:30 **BODYCOMBAT**™
19:30 - 20:30 **Pilates**

Studio 2

09:30 - 10:15 **Forever Strong**
11:45 - 12:45 **Pilates**
17:40 - 18:10 **BODYATTACK EXPRESS**™
18:10 - 18:55 **LBT**
19:10 - 19:25 **Pure Abs**
19:30 - 20:30 **BODYATTACK**™

Cycle Studio

06:15 - 07:00 **Group Cycle**
09:45 - 10:30 **B:Matched**
17:45 - 18:10 **HIIT Cycle**
18:15 - 19:00 **RPM**™

Gym

09:15 - 09:45 **B:Conditioned**
19:40 - 20:10 **B:Strong**

Pool

10:45 - 11:30 **Aqua Aerobics**

Tuesday

Studio 1

06:15 - 06:45 **Circuits**
07:00 - 07:45 **BODYPUMP** (Virtual)™
09:30 - 10:30 **Zumba**
10:30 - 11:15 **LBT**
12:35 - 13:20 **SH'BAM** (Virtual)™
13:25 - 14:25 **BODYCOMBAT** (Virtual)™
17:00 - 17:30 **CXWORX** (Virtual)™
17:30 - 18:30 **BODYBALANCE**™
18:30 - 19:30 **BODYCOMBAT**™
19:30 - 20:30 **Pilates**
20:30 - 21:00 **CXWORX** (Virtual)™

Studio 2

10:00 - 11:00 **Pilates**
11:00 - 12:30 **Iyengar Yoga**
17:30 - 18:00 **BODYATTACK EXPRESS**™
18:00 - 19:00 **Zumba**
19:30 - 20:10 **Metafit & Abs**

Cycle Studio

06:45 - 07:05 **HIIT Cycle**
09:30 - 10:15 **Group Cycle**
18:30 - 19:15 **Group Cycle**

Gym

07:05 - 07:35 **B:Corefit**
19:30 - 20:00 **B:Conditioned**

Pool

09:30 - 10:15 **Aqua Aerobics**

Wednesday

Studio 1

06:15 - 06:45 **Metafit**
06:50 - 07:20 **BODYCOMBAT** (Virtual)™
08:45 - 09:30 **Young at Heart**
09:30 - 10:30 **Young at Heart**
10:30 - 11:00 **BODYCOMBAT EXPRESS**™
11:00 - 11:30 **BODYPUMP EXPRESS**™
11:35 - 12:35 **Zumba**
13:30 - 14:30 **Pilates**
17:30 - 18:00 **Boxfit**
18:05 - 19:05 **BODYPUMP**™
19:10 - 19:40 **Metafit**
19:40 - 21:10 **Karate**

Studio 2

09:30 - 10:30 **Vinyasa Yoga**
14:00 - 15:00 **Iyengar Yoga** (Beginners)
18:30 - 18:45 **Pure Abs**
19:00 - 20:30 **Iyengar Yoga** (Intermediate)

Cycle Studio

06:45 - 07:30 **Group Cycle**
09:45 - 10:30 **B:Matched**
17:45 - 18:30 **RPM**™

Gym

09:15 - 09:45 **B:Strong**
17:00 - 17:30 **B:Corefit**

Pool

10:15 - 11:00 **Aqua Aerobics**
19:15 - 19:45 **HIIT Aqua Aerobics**

Thursday

Studio 1

06:15 - 06:45 **Circuits**
07:00 - 07:45 **BODYPUMP** (Virtual)™
09:25 - 09:55 **CXWORX** (Virtual)™
10:00 - 10:30 **BODYATTACK EXPRESS**™
10:30 - 11:30 **BODYPUMP**™
11:30 - 12:30 **Zumba**
12:35 - 13:20 **SH'BAM** (Virtual)™
14:00 - 15:00 **Restorative Yoga**
17:25 - 17:55 **Circuits**
18:00 - 18:30 **BODYCOMBAT EXPRESS**™
18:30 - 19:00 **BODYPUMP EXPRESS**™
19:00 - 20:00 **Boxfit**

Studio 2

10:00 - 11:00 **Pilates**
11:00 - 12:30 **Iyengar Yoga**
18:00 - 19:00 **Hatha Yoga** (Beginners)
19:00 - 20:00 **BODYBALANCE**™

Cycle Studio

09:30 - 10:00 **RPM Express**™
18:00 - 18:30 **Express Cycle**
18:35 - 19:20 **B:Matched**

Gym

07:00 - 07:30 **B:Conditioned**
09:00 - 09:30 **B:Corefit**
18:45 - 19:15 **B:Strong**

Pool

09:30 - 10:15 **Aqua Aerobics**

Friday

Studio 1

06:15 - 06:55 **Metafit & Abs**
07:00 - 07:30 **CXWORX** (Virtual)™
09:30 - 10:30 **Pilates**
10:30 - 11:00 **BODYPUMP EXPRESS**™
11:00 - 11:30 **BODYCOMBAT EXPRESS**™
11:40 - 12:40 **BODYBALANCE** (Virtual)™
17:00 - 17:40 **Metafit & Abs**
17:45 - 18:30 **BODYATTACK**™
18:45 - 19:45 **BODYPUMP** (Virtual)™

Studio 2

09:30 - 10:15 **Forever Strong**
11:00 - 12:30 **Iyengar Yoga**

Cycle Studio

07:00 - 07:30 **Express Cycle**
09:30 - 10:15 **Group Cycle**
17:45 - 18:15 **Express Cycle**

Gym

09:00 - 09:30 **B:Strong**
16:15 - 16:45 **B:Strong**

Pool

10:30 - 11:15 **Aqua Aerobics**

Saturday

Studio 1

07:45 - 08:15 **Metafit**
09:00 - 10:00 **Zumba**
10:00 - 11:00 **BODYPUMP**™
11:05 - 12:05 **BODYCOMBAT** (Virtual)™
16:00 - 17:00 **BODYPUMP** (Virtual)™

Studio 2

09:00 - 10:30 **Iyengar Yoga**

Cycle Studio

08:15 - 09:00 **Group Cycle**
10:30 - 11:15 **B:Matched**
17:00 - 17:30 **Express Cycle**

Gym

09:15 - 09:45 **B:Conditioned**
16:15 - 16:45 **B:Corefit**

Pool

10:30 - 11:15 **Aqua Aerobics**

Sunday

Studio 1

08:15 - 08:45 **Bootcamp**
09:15 - 10:15 **Zumba**
10:15 - 11:15 **Boxfit**
11:20 - 12:20 **BODYPUMP** (Virtual)™
12:25 - 13:25 **BODYCOMBAT** (Virtual)™
13:30 - 14:15 **SH'BAM** (Virtual)™
14:15 - 15:00 **BODYPUMP** (Virtual)™
17:00 - 17:30 **Metafit**
18:00 - 19:00 **BODYBALANCE**™

Studio 2

19:00 - 20:30 **Karate**

Cycle Studio

09:30 - 10:15 **Group Cycle**
16:00 - 16:30 **Express Cycle**

Gym

10:30 - 11:00 **B:Strong**
15:15 - 15:45 **B:Conditioned**



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

Bannatyne
Health Club & Spa