

# CLASSTIMETABLE WELLINGBOROUGH

IN PARTNERSHIP WITH 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Studio 1</b> 09:30 - 10:30 <b>Tone &amp; Tighten</b> 10:30 - 11:30 <b>Zumba</b> 11:30 - 12:30 <b>Standing Pilates</b> 12:30 - 13:00 <b>Metafit</b> 13:00 - 13:30 <b>Virtual CXWORX™</b> 17:30 - 18:00 <b>Express Circuits</b> 18:15 - 19:15 <b>BODYCOMBAT™</b> 19:15 - 20:15 <b>BODYPUMP™</b>	<b>Studio 1</b> 06:30 - 07:00 <b>Metafit</b> 09:30 - 10:30 <b>BODYATTACK™</b> 10:30 - 11:30 <b>BODYPUMP™</b> 17:00 - 18:00 <b>LBT</b> 18:00 - 18:30 <b>Metafit</b> 18:45 - 19:30 <b>BODYATTACK™</b> 19:30 - 20:30 <b>Zumba</b>	<b>Studio 1</b> 06:30 - 07:30 <b>BODYPUMP™</b> 09:30 - 10:30 <b>BODYCOMBAT™</b> 10:30 - 11:30 <b>Young @ Heart</b> 12:30 - 13:00 <b>Metafit</b> 13:00 - 13:30 <b>Virtual CXWORX™</b> 17:30 - 18:00 <b>Pure Abs</b> 18:15 - 19:15 <b>BODYPUMP™</b> 19:15 - 20:15 <b>BODYCOMBAT™</b>	<b>Studio 1</b> 06:30 - 07:00 <b>Express Circuits</b> 09:30 - 10:30 <b>BODYATTACK™</b> 10:30 - 11:30 <b>BODYPUMP™</b> 18:00 - 18:30 <b>Metafit</b> 18:30 - 19:30 <b>BODYCOMBAT™</b> 19:30 - 20:30 <b>Boxercise</b>	<b>Studio 1</b> 06:30 - 07:00 <b>HIIT Blast</b> 09:30 - 10:30 <b>LBT</b> 10:30 - 11:30 <b>BODYCOMBAT™</b> 12:30 - 13:00 <b>Metafit</b> 13:00 - 13:30 <b>Virtual CXWORX™</b> 18:15 - 19:15 <b>BODYPUMP™</b>	<b>Studio 1</b> 08:30 - 09:00 <b>Metafit</b> 09:00 - 10:00 <b>LBT</b> 10:00 - 11:00 <b>BODYCOMBAT™</b> 11:00 - 12:00 <b>BODYPUMP™</b>
<b>Studio 2</b> 09:00 - 10:30 <b>Yoga</b> 10:30 - 11:30 <b>Pilates</b> 11:35 - 12:35 <b>Yoga</b> 17:45 - 18:15 <b>PiYo</b> 19:00 - 20:30 <b>Yoga</b>	<b>Studio 2</b> 09:30 - 10:30 <b>Pilates</b> 10:30 - 12:00 <b>Yoga and Meditation</b> 18:00 - 19:00 <b>Pilates</b>	<b>Studio 2</b> 09:15 - 10:15 <b>Pilates</b> 10:15 - 11:15 <b>Yoga</b> 18:00 - 19:00 <b>Trigger Point Pilates</b> 19:00 - 20:00 <b>Yoga</b>	<b>Studio 2</b> 09:30 - 11:00 <b>Yoga</b> 11:00 - 12:00 <b>Pilates</b> 18:00 - 19:00 <b>Pilates</b>	<b>Studio 2</b> 09:30 - 11:00 <b>Yoga and Meditation</b> 11:00 - 12:00 <b>Tai Chi</b> 12:00 - 13:00 <b>Pilates</b> 18:00 - 19:30 <b>Yoga</b>	<b>Studio 2</b> 09:00 - 10:30 <b>Yoga</b>
<b>Cycle Studio</b> 07:00 - 07:30 <b>Group Cycling</b> 10:00 - 10:30 <b>RPM™</b> 18:15 - 19:00 <b>RPM™</b> 19:30 - 20:15 <b>VIRTUAL RPM™</b>	<b>Cycle Studio</b> 07:00 - 07:30 <b>RPM™</b> 09:30 - 10:15 <b>Group Cycling</b> 12:30 - 13:00 <b>B:Matched</b> 18:00 - 18:30 <b>Group Cycling</b> 18:35 - 19:05 <b>Group Cycling</b>	<b>Cycling Studio</b> 10:30 - 11:00 <b>RPM™</b> 16:45 - 17:30 <b>B:Matched</b> 18:15 - 19:00 <b>Group Cycling</b> 19:15 - 20:00 <b>VIRTUAL RPM™</b>	<b>Cycling Studio</b> 10:00 - 10:30 <b>Group Cycling</b> 18:35 - 19:05 <b>Express Spin</b> 19:30 - 20:15 <b>VIRTUAL RPM™</b>	<b>Cycling Studio</b> 07:00 - 07:30 <b>Group Cycling</b> 09:30 - 10:15 <b>RPM™</b> 18:00 - 19:00 <b>Group Cycling</b>	<b>Cycling Studio</b> 09:00 - 10:00 <b>Group Cycling</b> 15:00 - 15:45 <b>VIRTUAL RPM™</b>
<b>Gym Floor</b> 10:45 - 11:15 <b>B:Conditioned</b> 18:15 - 18:45 <b>B:Conditioned</b>	<b>Gym Floor</b> 10:30 - 11:00 <b>B:Corefit</b> 17:15 - 17:45 <b>B:Strong</b>	<b>Gym Floor</b> 10:00 - 10:30 <b>B:Strong</b> 18:15 - 18:45 <b>B:Conditioned</b>	<b>Gym Floor</b> 10:30 - 11:00 <b>B:Corefit</b> 17:15 - 17:45 <b>B:Corefit</b>	<b>Gym Floor</b> 10:30 - 11:00 <b>B:Strong</b> 17:30 - 18:00 <b>B:Strong</b>	<b>Gym Floor</b> 12:00 - 12:30 <b>B:Conditioned</b>
<b>Pool</b> 10:00 - 10:45 <b>Aqua Aerobics</b> 11:00 - 11:45 <b>Aqua</b>	<b>Pool</b> 10:15 - 11:00 <b>Aqua</b> 11:05 - 11:50 <b>Aqua</b>	<b>Pool</b> 09:15 - 10:00 <b>Aqua</b>	<b>Pool</b> 13:30 - 14:15 <b>Aqua</b> 18:45 - 19:30 <b>Aqua Aerobics</b>	<b>Pool</b> 09:00 - 09:45 <b>Aqua Aerobics</b> 09:50 - 10:35 <b>Aqua</b>	<b>Pool</b> 09:00 - 09:45 <b>Bootcamp</b>
					<b>SUNDAY</b> <b>Studio 1</b> 09:00 - 09:45 <b>Bootcamp</b> <b>Studio 2</b> 09:00 - 10:00 <b>Tai Chi</b> <b>Cycling Studio</b> 10:00 - 10:45 <b>RPM™</b> <b>Gym Floor</b> 13:00 - 13:30 <b>B:Corefit</b>



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

**Bannatyne**  
Health Club & Spa