

# CLASSTIMETABLE GROVE PARK

IN PARTNERSHIP WITH **Lucozade**  
SPORT

## MONDAY

### Studio 1

06:30 - 07:00 **VIRTUAL BODYCOMBAT™**  
07:30 - 08:00 **CXWORX™**  
08:30 - 09:00 **Bounce**  
09:00 - 09:30 **BODYCOMBAT™**  
09:30 - 10:30 **Zumba**  
10:30 - 11:30 **20/20/20**  
18:30 - 19:30 **LBT**  
19:30 - 20:15 **Box Fit**

### Studio 2

10:30 - 11:30 **BODYBALANCE™**  
11:45 - 12:45 **Dynamic Pilates**  
18:00 - 18:30 **Kettlebells**  
18:45 - 19:45 **Yoga**

### Spin Studio

07:00 - 07:30 **RPM Express**  
09:30 - 10:15 **B:Matched**  
18:30 - 19:15 **Spin**  
19:30 - 20:15 **Spin**

### Gym Floor

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

### Pool

09:45 - 10:30 **Aqua Aerobics**

## TUESDAY

### Studio 1

07:00 - 07:30 **Metafit**  
09:00 - 10:00 **BODYCOMBAT™**  
10:00 - 11:00 **BODYPUMP™**  
11:00 - 11:45 **Zumba**  
11:45 - 12:30 **Step**  
13:00 - 13:45 **VIRTUAL BODYBALANCE™**  
18:30 - 19:00 **Metafit**  
19:00 - 19:45 **BODPUMP™**  
19:45 - 20:15 **BODYATTACK™**  
20:15 - 21:00 **BODYCOMBAT™**

### Studio 2

09:45 - 10:45 **Yoga**  
11:15 - 12:15 **Pilates**  
19:30 - 20:00 **Kettlebells**  
20:00 - 21:30 **Yoga**

### Spin Studio

06:15 - 07:00 **B:Matched**  
10:00 - 10:45 **RPM**  
18:30 - 19:15 **Spin**  
19:30 - 20:15 **Spin**

### Gym Floor

07:30 - 08:00 **B:Strong**  
19:00 - 19:30 **B:Conditioned**

### Pool

11:45 - 12:30 **Aqua Aerobics**  
19:15 - 20:15 **Aqua Aerobics**

## WEDNESDAY

### Studio 1

07:00 - 07:45 **LBT**  
09:00 - 09:30 **CXWORX™**  
09:30 - 10:30 **BODYCOMBAT™**  
10:30 - 11:30 **BODYPUMP™**  
13:00 - 13:45 **VIRTUAL BODYPUMP™**  
18:00 - 18:30 **Metafit**  
18:30 - 19:15 **Zumba**  
19:15 - 20:00 **Advanced Step**  
20:00 - 20:45 **BODYPUMP™**

### Studio 2

10:00 - 11:00 **Yogalates**  
11:30 - 12:30 **Yoga**  
18:15 - 19:15 **Yoga**  
20:00 - 21:00 **Pilates**

### Spin Studio

07:00 - 07:30 **B:Matched**  
09:45 - 10:30 **B:Matched**  
18:30 - 19:15 **Spin**  
19:30 - 20:15 **Spin**

### Pool

10:00 - 11:00 **Aqua Aerobics**

### Gym Floor

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

## THURSDAY

### Studio 1

07:00 - 07:30 **Metafit**  
08:45 - 09:15 **Bounce**  
09:15 - 10:15 **BODYCOMBAT™**  
10:30 - 11:00 **Line Dancing**  
11:00 - 12:00 **Line Dancing**  
12:30 - 13:15 **VIRTUAL BODYPUMP™**  
18:30 - 19:15 **LBT**  
19:30 - 20:15 **Hatton Boxing**  
20:15 - 21:00 **BODYPUMP™**

### Studio 2

10:00 - 11:00 **Pilates**  
18:00 - 18:30 **Kettlebells**  
19:30 - 21:00 **Yoga**

### Spin Studio

06:15 - 07:00 **B:Matched**  
10:15 - 11:00 **Spin**  
19:30 - 20:15 **Spin**

### Pool

10:00 - 10:45 **Aqua Aerobics**  
19:15 - 20:15 **Aqua Aerobics**

### Gym Floor

07:30 - 08:00 **B:Strong**  
19:00 - 19:30 **B:Conditioned**

### Outdoor

09:30 - 10:15 **Bootcamp**

## FRIDAY

### Studio 1

06:30 - 07:00 **Metafit**  
07:15 - 08:00 **Box Fit**  
09:00 - 09:45 **BODYCOMBAT™**  
09:45 - 10:30 **CXWORX™**  
10:30 - 11:30 **BODYPUMP™**  
13:00 - 13:45 **VIRTUAL BODYCOMBAT™**  
18:30 - 19:15 **BODYATTACK™**

### Studio 2

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

### Spin Studio

07:00 - 07:45 **Spin**  
09:00 - 09:45 **B:Matched**  
10:30 - 11:00 **RPM Express**

### Pool

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

### Gym Floor

10:30 - 11:00 **B:Corefit**

## SATURDAY

### Studio 1

08:15 - 09:15 **VIRTUAL BODYCOMBAT™**  
09:00 - 10:00 **Zumba**  
10:00 - 11:00 **Body Shred**  
11:00 - 11:45 **LBT**  
19:30 - 20:15 **VIRTUAL BODYPUMP™**

### Studio 2

10:00 - 11:00 **Pilates**  
11:00 - 12:00 **BODYBALANCE™**

### Spin Studio

10:00 - 11:00 **Spin**  
11:00 - 11:45 **Spin**

### Pool

12:00 - 12:45 **Aqua Aerobics**

### Outdoor

09:00 - 10:00 **Boot Camp**

## SUNDAY

### Studio 1

09:15 - 10:00 **BODYCOMBAT™**  
10:00 - 11:00 **BODYPUMP™**  
11:00 - 11:30 **Metafit**  
12:00 - 12:45 **VIRTUAL BODYBALANCE™**  
19:30 - 20:15 **VIRTUAL BODYPUMP™**

### Spin Studio

10:00 - 11:00 **Spin**

### Pool

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

### Gym

11:30 - 12:00 **B:Corefit**



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

**Bannatyne**  
Health Club & Spa