

CLASSTIMETABLE QUAY STREET

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio 1 07:15 - 07:45 HIIT 07:45 - 08:00 Awesome Abs 17:30 - 18:15 Hatha Yoga 18:15 - 19:00 Pilates 19:00 - 20:00 BODYCOMBAT	Studio 1 07:30 - 08:15 Yoga 17:45 - 18:15 HIIT 18:20 - 19:00 LAB	Studio 1 13:00 - 13:45 Pilates 17:30 - 18:00 HIIT 18:30 - 19:15 Pilates	Studio 1 13:00 - 13:45 Yoga 17:30 - 18:00 Metafit 18:00 - 19:30 Vinyasa Yoga	Studio 1 12:15 - 13:00 BODYCOMBAT 13:00 - 13:45 Yoga 18:20 - 18:40 Awesome Abs	Studio 1 13:00 - 14:00 Yoga
Studio 2 12:10 - 12:55 BODYPUMP 13:00 - 13:30 SPIN 17:45 - 18:45 BODYPUMP	Studio 2 12:10 - 12:55 RPM 17:30 - 18:15 Zumba 18:20 - 18:50 Spin	Studio 2 07:00 - 07:45 BODYPUMP 17:45 - 18:45 BODYPUMP	Studio 2 07:00 - 07:45 RPM 12:15 - 12:45 Spin 17:45 - 18:45 BODYPUMP 19:00 - 20:00 BODYCOMBAT	Studio 2 07:00 - 07:45 Bootcamp 12:15 - 12:45 Spin 13:00 - 13:45 BODYPUMP	Studio 2 10:00 - 10:30 B:MATCHED 11:00 - 12:00 BODYPUMP 12:15 - 13:15 BODYCOMBAT
Speedflex 12:15 - 12:45 Speedflex 17:45 - 18:15 Speedflex	Speedflex 07:15 - 07:45 Speedflex 13:15 - 13:45 Coreflex	Speedflex 12:15 - 12:45 Speedflex 18:05 - 18:35 Speedflex	Speedflex 13:15 - 13:45 Speedflex 18:05 - 18:35 Speedflex	Speedflex 13:15 - 13:45 Coreflex 17:45 - 18:15 Speedflex	Speedflex 10:45 - 11:15 Coreflex
Gym 13:35 - 13:55 B:Corefit		Gym 13:10 - 13:30 B:Conditioned 13:35 - 13:55 B:Corefit			SUNDAY Studio 1 10:00 - 11:00 BODYCOMBAT 12:30 - 13:00 Metafit 13:00 - 13:20 Awesome Abs



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

Bannatyne
Health Club & Spa