

CLASSTIMETABLE ASHFORD

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

09:30 - 10:30 **Body Blast**
10:35 - 11:35 **Zumba**
17:15 - 18:00 **LES MILLS Virtual BODYCOMBAT™**
18:00 - 18:30 **Metafit**
18:50 - 19:35 **Vibe Power**

Studio 2

06:45 - 07:45 **Yoga**
09:30 - 10:30 **Step**
10:40 - 11:40 **Pilates**
12:00 - 13:00 **Stretch & Tone**
17:30 - 18:30 **Pilates**
18:45 - 19:45 **BODYBALANCE™**

Cycling Studio

06:30 - 07:15 **Vibe Cycle**
11:00 - 11:45 **LES MILLS Virtual RPM™**
17:00 - 17:45 **Vibe Cycle**
18:00 - 18:45 **Vibe Cycle**
19:15 - 20:00 **LES MILLS Virtual RPM™**

Gym Floor

09:15 - 09:45 **B:Corefit**
10:00 - 10:30 **B:Strong**
19:00 - 19:30 **B:Conditioned**

Pool

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

TUESDAY

Studio 1

06:45 - 07:30 **Circuits**
09:25 - 10:10 **BODYPUMP™**
10:30 - 11:00 **Metafit**
11:05 - 12:00 **Dancercise**
12:30 - 13:30 **LES MILLS Virtual BODYPUMP™**
17:15 - 18:00 **Vibe Power**
18:30 - 19:15 **Stretch & Tone**
19:15 - 20:15 **Dancercise**

Studio 2

07:30 - 08:30 **Yoga**
09:45 - 10:45 **BODYBALANCE™**
11:00 - 12:00 **BODYCOMBAT™**
12:30 - 13:30 **BODYBALANCE™**
19:00 - 20:00 **BODYPUMP™**

Cycling Studio

09:30 - 10:15 **Vibe Cycle**
17:15 - 18:00 **Vibe Cycle**
18:15 - 19:00 **Vibe Cycle**
19:30 - 20:15 **LES MILLS Virtual RPM™**

Gym Floor

09:45 - 10:15 **B:Corefit**
19:00 - 19:30 **B:Strong**

Pool

09:30 - 10:15 **Aqua Aerobics**
18:00 - 18:45 **Aqua Aerobics**

WEDNESDAY

Studio 1

06:45 - 07:45 **BODYPUMP™**
09:45 - 10:30 **Vibe Power**
10:40 - 11:40 **LBT**
18:00 - 19:00 **LBT**
19:15 - 20:00 **Power Hoop**

Studio 2

09:30 - 10:30 **Boxercise**
10:40 - 11:40 **BODYBALANCE™**
11:50 - 12:35 **Stretch & Tone**
17:10 - 18:00 **Pilates**
18:15 - 18:45 **Metafit**
19:15 - 20:00 **Boxercise**

Cycling Studio

06:45 - 07:30 **RPM™**
10:30 - 11:15 **Spin**
17:15 - 18:00 **Vibe Cycle**
18:15 - 18:45 **B:Matched**
19:15 - 20:00 **LES MILLS Virtual RPM™**

Gym Floor

06:30 - 07:00 **B:Conditioned**
10:00 - 10:30 **B:Strong**
19:00 - 19:30 **B:Conditioned**

Pool

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

THURSDAY

Studio 1

06:15 - 06:45 **Metafit**
09:00 - 09:45 **Boxercise**
10:00 - 10:45 **Sh'bam™**
10:45 - 11:45 **Dancercise**
12:30 - 13:30 **LES MILLS Virtual BODYCOMBAT™**
17:15 - 18:15 **Zumba**
18:15 - 19:15 **BODYCOMBAT™**
19:20 - 20:20 **LES MILLS Virtual BODYPUMP™**
20:30 - 21:00 **Metafit**

Studio 2

06:30 - 07:15 **Yoga**
10:45 - 11:45 **Pilates**
16:00 - 17:00 **Yoga**
17:30 - 18:30 **Pilates**
18:45 - 19:45 **Stretch & Tone**

Cycling Studio

06:45 - 07:30 **RPM™**
10:00 - 10:45 **Vibe Cycle**
17:30 - 18:15 **Vibe Cycle**
19:30 - 20:15 **LES MILLS Virtual RPM™**

Gym Floor

10:00 - 10:30 **B:Conditioned**
18:00 - 18:30 **B:Strong**

Pool

09:30 - 10:15 **Aqua Aerobics**
19:25 - 20:10 **Aqua Aerobics**

FRIDAY

Studio 1

06:45 - 07:30 **Vibe Power**
09:30 - 10:15 **Vibe Power**
10:30 - 11:15 **Power Hoop**
11:15 - 12:00 **Fitball**
18:00 - 19:00 **BODYBALANCE™**

Studio 2

06:15 - 06:45 **Metafit**
09:30 - 10:30 **Step**
10:40 - 11:40 **BODYBALANCE™**
12:15 - 13:15 **Pilates**
18:15 - 18:45 **Metafit**

Cycling Studio

06:45 - 07:30 **Vibe Cycle**
09:30 - 10:00 **B:Matched**
10:45 - 11:30 **Vibe Cycle**
17:30 - 18:15 **RPM™**

Gym Floor

10:00 - 10:30 **B:Strong**
10:45 - 11:15 **B:Corefit**
19:00 - 19:30 **B:Strong**

Pool

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

SATURDAY

Studio 1

08:15 - 09:15 **Boxercise**
09:30 - 10:30 **BODYPUMP™**
11:00 - 11:30 **Metafit**
12:00 - 13:00 **LES MILLS Virtual BODYBALANCE™**

Studio 2

09:00 - 10:00 **BODYBALANCE™**
10:15 - 11:15 **Yoga**

Cycling Studio

08:30 - 09:15 **RPM™**
09:30 - 10:15 **Vibe Cycle**

Gym Floor

10:15 - 10:45 **B:Conditioned**

SUNDAY

Studio 1

09:15 - 10:15 **LES MILLS Virtual BODYCOMBAT™**
10:30 - 11:30 **BODYPUMP™**
12:00 - 12:30 **LES MILLS Virtual CXWorx™**
17:45 - 18:45 **LES MILLS Virtual BODYBALANCE™**

Studio 2

09:45 - 10:45 **Yoga**
11:00 - 11:30 **Metafit**

Cycling Studio

09:45 - 10:30 **Vibe Cycle**

Gym Floor

10:15 - 10:45 **B:Strong**

Pool

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



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

Bannatyne
Health Club & Spa