

# CLASSTIMETABLE MILTON KEYNES

IN PARTNERSHIP WITH 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Studio 1</b> 06:15 - 07:15 <b>BODYPUMP™</b> 09:30 - 10:30 <b>BODYBALANCE™</b> 10:30 - 11:30 <b>BODYCOMBAT™</b> 12:00 - 12:20 <b>Tabata Rounds</b> 12:30 - 13:15 <b>BODYPUMP™</b> 17:25 - 18:10 <b>Yoga</b> 18:15 - 19:15 <b>Zumba</b> 19:20 - 20:20 <b>BODYPUMP™</b>	<b>Studio 1</b> 06:15 - 07:00 <b>Zumba</b> 07:00 - 08:00 <b>BODYATTACK™</b> 09:25 - 10:25 <b>BODYPUMP™</b> 10:30 - 12:00 <b>Yoga</b> 12:00 - 12:45 <b>Killer Abs</b> 17:30 - 18:30 <b>Pilates</b> 18:30 - 19:30 <b>BODYPUMP™</b>	<b>Studio 1</b> 06:25 - 07:00 <b>Pilates</b> 07:15 - 07:45 <b>Tabata Rounds</b> 09:15 - 10:00 <b>Pilates</b> 10:00 - 11:00 <b>FitSteps</b> 11:15 - 12:15 <b>Tai Chi</b> 12:15 - 13:00 <b>BODYATTACK™</b> 13:00 - 13:30 <b>CXWORX™</b> 17:30 - 18:00 <b>Transform Live</b> 18:00 - 19:00 <b>BODYCOMBAT™</b> 19:05 - 20:05 <b>BODYPUMP™</b>	<b>Studio 1</b> 06:15 - 07:00 <b>BODYPUMP™</b> 07:20 - 07:50 <b>CXWORX™</b> 09:25 - 10:25 <b>Zumba</b> 10:30 - 11:30 <b>FitSteps</b> 11:30 - 11:50 <b>Tabata Rounds</b> 12:00 - 12:45 <b>BODYPUMP™</b> 12:50 - 13:20 <b>CXWORX™</b> 17:30 - 18:30 <b>Zumba</b> 18:30 - 20:00 <b>Yoga</b>	<b>Studio 1</b> 06:15 - 07:15 <b>Yoga</b> 07:15 - 07:45 <b>Bootcamp</b> 09:00 - 09:45 <b>Yoga</b> 09:45 - 10:30 <b>BODYBALANCE™</b> 10:30 - 11:30 <b>BODYCOMBAT™</b> 11:30 - 12:30 <b>Tai Chi</b> 12:35 - 13:20 <b>BODYPUMP™</b> 17:30 - 18:30 <b>BODYCOMBAT™</b>	<b>Studio 1</b> 08:10 - 08:55 <b>BODYATTACK™</b> 09:00 - 10:00 <b>BODYPUMP™</b> 10:05 - 11:05 <b>Yoga</b>
<b>Studio 2</b> 11:45 - 12:30 <b>Spin</b> 18:15 - 19:00 <b>RPM™</b>	<b>Studio 2</b> 12:15 - 13:00 <b>RPM™</b> 19:35 - 20:20 <b>RPM™</b>	<b>Studio 2</b> 12:15 - 13:00 <b>Spin</b> 18:15 - 19:15 <b>Yoga</b>	<b>Pool</b> 09:30 - 10:15 <b>Aqua Zumba</b> 18:45 - 19:30 <b>Aqua Zumba</b>	<b>Studio 2</b> 13:25 - 13:55 <b>RPM™</b> 17:30 - 18:30 <b>Spin</b>	<b>Studio 2</b> 10:00 - 10:45 <b>RPM™</b>
<b>Gym Floor</b> 18:45 - 19:15 <b>Elite Athlete</b>	<b>Gym Floor</b> 07:00 - 08:00 <b>Hatton Boxing (£)</b>			<b>Gym Floor</b> 07:00 - 08:00 <b>Hatton Boxing (£)</b> 12:00 - 12:30 <b>Elite Athlete</b>	<b>Gym Floor</b> 10:45 - 11:15 <b>B:Strong</b>
<b>Pool</b> 10:30 - 11:15 <b>Aqua</b>	<b>Pool</b> 09:30 - 10:15 <b>Aqua Zumba</b> 18:30 - 19:15 <b>Aqua</b>	<b>Pool</b> 10:00 - 10:45 <b>Aqua</b>		<b>Pool</b> 10:30 - 11:15 <b>Aqua</b>	<b>Pool</b> 09:30 - 10:15 <b>Aqua</b>
					<b>SUNDAY</b>
					<b>Studio 1</b> 08:45 - 09:45 <b>BODYPUMP™</b> 09:50 - 10:35 <b>BODYCOMBAT™</b> 10:35 - 12:05 <b>Yoga</b>
					<b>Gym Floor</b> 10:35 - 11:05 <b>B:Strong</b>



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

**Bannatyne**  
Health Club & Spa