

CLASSTIMETABLE LIVINGSTON

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

06:45 - 07:15 **Metafit**
09:20 - 10:20 **BODYPUMP™**
10:35 - 11:20 **Classic Combo**
11:40 - 12:40 **BODYBALANCE™**
17:40 - 18:40 **BODYCOMBAT™**
18:50 - 19:20 **CXWORX™/Core**
19:35 - 20:35 **Pilates**

Studio 2

09:20 - 10:20 **Pilates**
17:40 - 18:20 **Circuits**

Pool

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

Gym Floor

10:30 - 11:00 **B:Functional**
12:40 - 13:10 **B:Functional**
19:15 - 19:45 **B:Functional**

Spin

17:45 - 18:15 **RPM™**
18:30 - 19:15 **Group Cycling**

TUESDAY

Studio 1

06:45 - 07:30 **BODYPUMP™**
09:00 - 09:30 **BODYATTACK™**
09:35 - 10:35 **BODYCOMBAT™**
10:40 - 11:40 **Zumba**
11:45 - 12:45 **Yoga**
18:00 - 19:00 **BODYATTACK™**
19:10 - 20:10 **BODYPUMP™**
20:20 - 21:20 **Yoga**

Studio 2

10:35 - 11:05 **CXWORX™/Core**
12:40 - 13:10 **Circuits**
17:30 - 18:15 **Legs, Bums & Tums**
18:20 - 19:05 **Kettlebell Training**
19:15 - 20:00 **BODYBALANCE™**

Gym Floor

19:15 - 19:45 **B:Functional**

Spin

18:15 - 19:00 **RPM™**

WEDNESDAY

Studio 1

09:20 - 10:20 **BODYATTACK™**
10:30 - 11:15 **Step**
17:30 - 18:15 **Zumba**
18:30 - 19:15 **BODYPUMP™**
19:30 - 20:30 **BODYCOMBAT™**

Studio 2

09:20 - 10:05 **Zumba**
17:30 - 18:15 **Boxercise**

Spin

06:45 - 07:30 **RPM™**
18:30 - 19:15 **Group cycling**

Pool

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

Gym

12:40 - 13:10 **B:Functional**

THURSDAY

Studio 1

09:20 - 10:20 **Pilates**
10:30 - 11:15 **BODYPUMP™**
11:45 - 12:45 **Yoga**
17:30 - 18:00 **CXWORX™/Core**
18:05 - 18:50 **Zumba**
18:55 - 19:40 **BODYATTACK™**
19:45 - 20:30 **SH'BAM™**

Studio 2

10:30 - 11:15 **BallActive**
12:40 - 13:10 **Metafit**
18:30 - 19:30 **Pilates**

Spin

09:30 - 10:15 **RPM™**

Gym

06:45 - 07:15 **B:Functional**
18:30 - 19:00 **B:Functional**

Outside

18:00 - 19:00 **Running Club**

FRIDAY

Studio 1

09:30 - 10:15 **SH'BAM™**
10:30 - 11:15 **Classic Combo**
17:30 - 18:15 **BODYCOMBAT™**
18:30 - 19:15 **BODYPUMP™**
19:30 - 20:30 **Yoga**

Studio 2

10:20 - 11:05 **BODYBALANCE™**
17:00 - 17:30 **MetaFit**
18:30 - 19:15 **BODYBALANCE™**

Spin

06:45 - 07:15 **Group cycling**

Pool

09:20 - 10:05 **Aqua**

Gym

12:40 - 13:10 **B:Functional**
18:30 - 19:00 **B:Functional**

SATURDAY

Studio 1

09:00 - 10:00 **BODYCOMBAT™**
10:15 - 11:00 **BODYPUMP™**
11:10 - 12:10 **BODYBALANCE™**

Spin

09:30 - 10:00 **Group Cycling**

Gym

10:15 - 10:45 **B:Functional**
16:00 - 16:30 **B:Functional**

SUNDAY

Studio 1

10:00 - 11:00 **BODYATTACK™**
11:10 - 11:55 **BODYPUMP™**
12:30 - 13:30 **Karate**
18:30 - 19:30 **Yoga**

Spin

10:15 - 11:00 **RPM™**

Gym

11:15 - 11:45 **B:Functional**
16:00 - 16:30 **B:Functional**



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

Bannatyne
Health Club & Spa