

# CLASSTIMETABLE TAMWORTH

IN PARTNERSHIP WITH 

## MONDAY

### Studio 1

09:15 - 10:00 **BODYSTEP™ Classic**  
 10:15 - 11:00 **BODYPUMP™**  
 11:30 - 12:30 **BODYBALANCE™**  
 12:40 - 13:40 **Fitsteps**  
 17:00 - 17:30 **Metafit**  
 17:30 - 18:15 **BODYBALANCE™**  
 18:30 - 19:30 **BODYPUMP™**  
 19:30 - 20:15 **BODYCOMBAT™**  
 20:30 - 21:30 **Yoga**

### Studio 2

07:00 - 07:30 **Group Cycling**  
 09:30 - 10:00 **Group Cycling**  
 10:15 - 11:00 **Zumba**  
 11:30 - 12:30 **Yoga**  
 17:00 - 17:30 **Group Cycling**  
 17:45 - 18:30 **Group Cycling**  
 18:40 - 19:25 **Fitsteps**  
 19:30 - 20:15 **Circuits**

### Gym Floor

06:15 - 06:45 **B-Corefit**  
 09:00 - 09:30 **B-Strong**  
 16:00 - 16:30 **B-Corefit**

### Pool

09:15 - 10:00 **Aqua Aerobics**  
 10:20 - 11:05 **Aqua Aerobics**

## TUESDAY

### Studio 1

07:00 - 07:30 **Metafit**  
 07:30 - 07:45 **B-Corefit**  
 09:30 - 10:30 **BODYATTACK™**  
 10:30 - 11:30 **BODYBALANCE™**  
 11:45 - 12:45 **Yoga**  
 17:30 - 18:30 **BODYPUMP™**  
 18:30 - 19:30 **Pilates**  
 19:30 - 20:30 **BODYSTEP™ Classic**  
 20:30 - 21:15 **BODYBALANCE™**

### Studio 2

06:30 - 07:00 **RPM™**  
 09:40 - 10:10 **B-Matched**  
 10:35 - 11:20 **Zumba**  
 12:00 - 13:00 **Barre Strength**  
 17:30 - 18:15 **Zumba**  
 18:30 - 19:00 **Group Cycling**  
 19:15 - 20:15 **Fitsteps**

### Gym Floor

09:00 - 09:30 **B-Corefit**

### Pool

11:30 - 12:15 **Aqua Aerobics**  
 19:15 - 20:00 **Aqua Aerobics**  
 16:00 - 18:00 **Child's Swimming Lessons**

## WEDNESDAY

### Studio 1

09:30 - 10:30 **BODYSTEP™ Classic**  
 10:30 - 11:15 **LBT**  
 11:15 - 12:15 **BODYBALANCE™**  
 12:15 - 13:15 **Pilates**  
 15:00 - 16:00 **Yoga**  
 17:00 - 17:30 **Powerwave**  
 17:30 - 18:00 **Metafit**  
 18:00 - 19:00 **BODYCOMBAT™**  
 19:00 - 20:00 **Insanity**  
 20:00 - 21:00 **BODYBALANCE™**

### Studio 2

06:30 - 07:00 **Group Cycling**  
 17:20 - 17:50 **B-Matched**  
 18:30 - 19:15 **RPM™**

### Gym Floor

07:05 - 07:35 **B-Strong**  
 09:00 - 09:30 **B-Conditioned**  
 20:00 - 20:30 **B-Corefit**

### Pool

10:00 - 10:45 **Aqua Aerobics**

## THURSDAY

### Studio 1

09:15 - 10:00 **BODYSTEP™ Classic**  
 10:00 - 11:00 **BODYPUMP™**  
 11:15 - 12:15 **Pilates**  
 12:30 - 13:30 **Yoga**  
 17:30 - 18:30 **BODYPUMP™**  
 18:30 - 19:30 **BODYATTACK™**  
 19:30 - 20:15 **Zumba**

### Studio 2

07:00 - 07:45 **Group Cycling**  
 09:30 - 10:00 **Group Cycling**  
 17:45 - 18:30 **Group Cycling**  
 18:35 - 19:20 **Group Cycling**

### Gym Floor

06:15 - 06:45 **B-Conditioned**  
 09:00 - 09:30 **B-Corefit**

### Pool

09:45 - 10:30 **Aqua Aerobics**  
 18:30 - 19:15 **Aqua Aerobics**  
 16:00 - 18:00 **Child's Swimming Lessons**

## FRIDAY

### Studio 1

07:00 - 07:45 **BODYBALANCE™**  
 09:30 - 10:30 **BODYCOMBAT™**  
 10:45 - 11:30 **LBT**  
 11:45 - 12:45 **BODYBALANCE™**  
 12:50 - 13:35 **Fitsteps**  
 16:30 - 17:15 **Circuits**  
 17:30 - 18:30 **BODYPUMP™**  
 18:30 - 19:30 **BODYBALANCE™**

### Studio 2

09:30 - 10:15 **Group Cycling**  
 10:45 - 11:30 **Zumba**  
 11:45 - 12:45 **Yoga**  
 17:30 - 18:30 **Pilates**

### Gym Floor

09:00 - 09:30 **B-Strong**

### Pool

11:00 - 11:30 **Aqua Aerobics**  
 12:00 - 12:30 **Aqua Aerobics**  
 16:00 - 18:00 **Child's Swimming Lessons**

## SATURDAY

### Studio 1

08:30 - 09:00 **Metafit**  
 09:00 - 09:45 **BODYATTACK™**  
 10:00 - 11:00 **BODYPUMP™**

### Studio 2

09:00 - 09:45 **RPM™**  
 10:00 - 11:00 **Fitsteps**  
 11:45 - 12:30 **BODYBALANCE™**

### Gym Floor

09:00 - 09:30 **Powerwave**  
 14:30 - 15:00 **B-Corefit**

### Pool

10:15 - 11:00 **Aqua Aerobics**  
 14:00 - 15:30 **Child's Swimming Lessons**

## SUNDAY

### Studio 1

10:00 - 11:00 **LBT**  
 11:00 - 12:00 **BODYCOMBAT™**  
 12:15 - 12:45 **Metafit**  
 18:00 - 19:00 **Yoga**

### Studio 2

09:00 - 09:45 **Group Cycling**  
 11:00 - 12:00 **BODYBALANCE™**  
 13:00 - 13:30 **B-Matched**

### Pool

10:15 - 11:00 **Aqua Aerobics**



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

**Bannatyne**  
Health Club & Spa