

CLASSTIMETABLE SUTTON COLDFIELD

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

06:10 - 07:10 **VIRTUAL BODYCOMBAT™**
09:00 - 09:25 **Circuits Express**
09:30 - 10:30 **Hatha Yoga**
11:00 - 12:00 **BODYPUMP™**
12:30 - 13:15 **Zumba**
17:45 - 18:45 **BODYCOMBAT™**
19:00 - 20:00 **BODYPUMP™**
20:15 - 21:00 **Kettlebell Circuits**

Studio 2

06:15 - 07:00 **VIRTUAL RPM™**
10:00 - 10:45 **Group Cycling**
17:15 - 17:45 **VIRTUAL RPM™**
19:15 - 20:00 **Group Cycling**

Mind & Body

08:30 - 09:15 **Beginners Yoga**
13:00 - 14:00 **Pilates**
18:00 - 19:00 **BODYBALANCE™**
19:15 - 20:15 **Power Yoga**

Pool

11:00 - 11:45 **Aqua Aerobics**
16:00 - 18:00 **Swim Lessons**

Functional Area

09:45 - 10:15 **B:Core-Fit**

Outdoor

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

TUESDAY

Studio 1

06:30 - 07:15 **BODYPUMP™**
09:15 - 10:00 **Stretch & Tone**
10:15 - 11:15 **BODYPUMP™**
11:30 - 12:15 **Body Attack**
12:30 - 13:30 **Pilates**
18:00 - 18:45 **Circuits**
19:00 - 19:45 **Strength & Conditioning**
20:00 - 21:00 **Kickboxing**

Studio 2

09:30 - 10:00 **VIRTUAL RPM™**
18:00 - 18:45 **Group Cycling**
19:00 - 19:45 **B:Matched Group Cycle**

Mind & Body

07:15 - 08:15 **Pilates**
10:30 - 11:30 **Power Yoga**
13:45 - 14:45 **Vinyasa Yoga**
17:30 - 18:15 **Pilates**
19:20 - 20:20 **Hatha Yoga**
20:25 - 21:25 **Hatha Yoga**

Pool

10:30 - 11:15 **Aqua Aerobics**
19:00 - 19:45 **Aqua Aerobics**

Functional Area

09:15 - 09:45 **B:Conditioned**
17:15 - 17:45 **B:Core-Fit**

WEDNESDAY

Studio 1

06:05 - 06:35 **VIRTUAL BODYCOMBAT™**
08:45 - 09:30 **VIRTUAL SH'BAM™**
09:30 - 10:30 **BODYBALANCE™**
10:45 - 11:30 **LBT**
11:35 - 12:35 **Tai Chi**
13:00 - 14:00 **VIRTUAL BODYPUMP™**
18:00 - 18:45 **BODYSTEP™**
19:00 - 20:00 **BODYPUMP™**
20:15 - 21:00 **Circuits**

Studio 2

06:15 - 07:00 **Group Cycling**
18:00 - 18:45 **RPM™**

Mind & Body

06:15 - 07:15 **Hatha Yoga**
09:05 - 10:05 **Pilates**
10:40 - 11:25 **B:Active**
19:00 - 20:00 **BODYBALANCE™**

Pool

10:00 - 10:45 **Aqua Aerobics**
16:00 - 18:00 **Swim Lessons**

Functional Area

11:20 - 11:50 **B:Strong**
12:00 - 12:30 **B:Core-Fit**

THURSDAY

Studio 1

06:50 - 07:20 **Circuits Express**
09:30 - 10:30 **Yin Yoga**
11:00 - 12:00 **Fitsteps**
12:15 - 13:00 **Fitness Pilates**
13:15 - 14:00 **Stretch & Tone**
17:00 - 17:45 **BODYPUMP™**
17:55 - 18:35 **Kettlebells & Core**
18:45 - 19:45 **Boxercise**

Studio 2

06:15 - 07:00 **Group Cycling**
10:00 - 10:45 **Group Cycling**
18:00 - 18:45 **Group Cycling**

Mind & Body

09:15 - 10:15 **Pilates**
19:00 - 20:00 **Fitness Pilates**
20:30 - 21:30 **Hatha Yoga**

Pool

11:00 - 11:45 **Aqua Aerobics**

Functional Area

10:45 - 11:15 **B:Core-Fit**

FRIDAY

Studio 1

06:30 - 07:15 **BODYPUMP™**
09:30 - 10:15 **Zumba**
10:30 - 11:30 **Vinyasa Yoga**
11:45 - 12:45 **BODYPUMP™**
13:00 - 14:00 **BODYBALANCE™**
17:15 - 17:45 **Zumba Express**
17:55 - 18:40 **BODYATTACK™**
18:50 - 19:35 **BODYCOMBAT™**

Studio 2

10:00 - 10:45 **RPM™**
18:00 - 18:45 **Group Cycling**

Mind & Body

06:15 - 07:15 **Yin Yoga**
08:15 - 09:15 **Pilates**
17:00 - 18:00 **BODYBALANCE™**

Pool

10:30 - 11:15 **Aqua Aerobics**

Functional Area

17:30 - 18:00 **B:Core-Fit**

Outdoor

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

SATURDAY

Studio 1

08:10 - 08:55 **Groove Aerobics**
09:00 - 10:00 **BODYATTACK™**
10:15 - 11:15 **BODYPUMP™**
11:30 - 12:30 **Boxercise**
12:45 - 13:30 **BODYPUMP™**

Studio 2

11:30 - 12:15 **VIRTUAL RPM™**
13:40 - 14:10 **Group Cycling**

Mind & Body

09:00 - 10:00 **BODYBALANCE™**

Pool

08:30 - 13:00 **Swim Lessons**

Functional Area

11:00 - 11:30 **B:Core-Fit**

SUNDAY

Studio 1

08:45 - 09:55 **Hatha Yoga**
10:15 - 11:15 **BODYPUMP™**
11:30 - 12:30 **BODYBALANCE™**
13:30 - 14:30 **VIRTUAL BODYCOMBAT™**

Studio 2

09:15 - 10:00 **Group Cycling**

Functional Area

09:30 - 10:00 **B:Strong**



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

Bannatyne
Health Club & Spa