

# CLASSTIMETABLE AYR



## MONDAY

### Studio 1

06.35 - 07.05 **Metafit**  
 09.20 - 10.20 **BODYATTACK™**  
 10.25 - 11.25 **BODYBALANCE™**  
 11.30 - 12.30 **Aerobics**  
 12.30 - 13.00 **Les Mills Virtual SH'BAM™**  
 13.00 - 13.30 **Les Mills Virtual BODYCOMBAT™**  
 14.00 - 14.30 **Les Mills Virtual CXWORX™**  
 15.00 - 15.30 **Les Mills Virtual BODYSTEP™**  
 17.30 - 18.15 **Circuits**  
 18.20 - 19.05 **BODYCOMBAT™**  
 19.10 - 20.10 **BODYATTACK™**  
 20.15 - 21.00 **BODYPUMP™**

### Studio 2

09.30 - 11.00 **Yoga**  
 11.30 - 12.30 **Pilates**  
 12.35 - 13.35 **Pilates**  
 18.00 - 19.30 **Yoga**  
 19.35 - 20.35 **BODYBALANCE™**

### Cycling Studio

06.35 - 07.20 **RPM™**  
 10.00 - 10.45 **RPM™**  
 18.15 - 19.00 **RPM™**  
 19.10 - 19.55 **RPM™**

### Gym Floor

09.25 - 09.55 **B:Corefit**  
 12.30 - 13.00 **B:Strong**  
 17.30 - 18.00 **B:Strong**  
 20.00 - 20.30 **B:Corefit**

## TUESDAY

### Studio 1

06.35 - 07.20 **Circuits**  
 09.30 - 10.15 **BODYCOMBAT™**  
 10.25 - 11.25 **BODYPUMP™**  
 11.30 - 12.15 **Dancercise**  
 12.35 - 13.05 **Les Mills Virtual BODYCOMBAT™**  
 13.10 - 13.40 **Les Mills Virtual CXWORX™**  
 14.00 - 14.30 **Les Mills Virtual BODYSTEP™**  
 16.00 - 17.00 **Kids B:Active (6-7Yrs)**  
 17.30 - 18.15 **Circuits**  
 18.20 - 19.05 **STEP**  
 19.10 - 19.55 **BODYATTACK™**  
 20.00 - 20.30 **BODYBALANCE(Flexibility)™**

### Studio 2

09.25 - 10.25 **BODYBALANCE™**  
 10.30 - 12.00 **Yoga**  
 12.00 - 13.00 **Pilates**  
 17.30 - 18.30 **Pilates**  
 18.35 - 19.35 **BODYBALANCE™**  
 19.40 - 21.10 **Yoga**

### Cycling Studio

09.30 - 10.15 **RPM™**  
 18.20 - 19.05 **RPM™**

### Pool

10.30 - 11.15 **Aqua Aerobics**

### Gym Floor

06.45 - 07.15 **B:Strong**  
 17.45 - 18.15 **B:Strong**  
 18.20 - 18.50 **B:Corefit**

## WEDNESDAY

### Studio 1

06.35 - 07.20 **BODYCOMBAT™**  
 09.15 - 10.00 **Circuits**  
 10.10 - 10.55 **BODYPUMP™**  
 11.00 - 11.45 **BODYATTACK™**  
 12.00 - 12.30 **Virtual Zumba**  
 12.30 - 13.00 **Les Mills Virtual SH'BAM™**  
 16.00 - 17.00 **Kids B:Active (8-12Yrs)**  
 17.15 - 18.00 **BoxFit**  
 18.05 - 19.05 **BODYPUMP™**  
 19.10 - 19.55 **BODYCOMBAT™**  
 20.00 - 20.30 **Metafit**

### Studio 2

10.00 - 11.00 **Pilates**  
 11.15 - 12.45 **Yoga**  
 18.00 - 19.00 **BODYBALANCE™**  
 19.00 - 20.30 **Yoga**

### Cycling Studio

06.35 - 07.20 **RPM™**  
 09.15 - 10.00 **RPM™**  
 11.00 - 11.30 **Group Cycling**  
 19.10 - 19.55 **RPM™**

### Gym Floor

17.30 - 18.00 **B:Corefit**  
 18.00 - 18.30 **B:Strong**

## THURSDAY

### Studio 1

06.35 - 07.20 **BODYPUMP™**  
 09.10 - 09.40 **CXWORX™**  
 09.45 - 10.45 **Aerobics**  
 10.50 - 11.50 **BODYBALANCE™**  
 12.00 - 12.30 **Les Mills Virtual BODYPUMP™**  
 12.30 - 13.00 **Les Mills Virtual SH'BAM™**  
 17.30 - 18.15 **BODYCOMBAT™**  
 18.20 - 19.05 **BODYATTACK™**  
 19.15 - 20.00 **BODYPUMP™**

### Studio 2

06.15 - 07.15 **Yoga**  
 11.00 - 12.00 **Pilates**  
 13.00 - 14.30 **Yoga**  
 17.30 - 18.30 **Pilates**  
 18.35 - 19.35 **BODYBALANCE™**

### Cycling Studio

09.45 - 10.30 **RPM™**  
 18.20 - 19.05 **RPM™**

### Gym Floor

17.30 - 18.00 **B:Corefit**

## FRIDAY

### Studio 1

06.35 - 07.20 **Circuits**  
 09.20 - 10.20 **BODYPUMP™**  
 10.25 - 10.55 **CXWORX™**  
 11.00 - 12.00 **Legs, Bums & Tums (LBT)**  
 12.30 - 13.00 **Les Mills Virtual BODYBALANCE™**  
 17.10 - 17.55 **Circuits**  
 18.00 - 19.00 **BODYBALANCE™**  
 19.05 - 19.35 **Metafit**

### Studio 2

09.30 - 11.00 **Yoga**  
 11.15 - 12.15 **Pilates**  
 18.00 - 19.30 **Yoga**

### Cycling Studio

06.35 - 07.20 **RPM™**  
 11.00 - 11.45 **RPM™**  
 12.00 - 12.30 **B:Matched**  
 18.05 - 18.50 **RPM™**

### Pool

10.30 - 11.15 **Aqua Aerobics**

### Gym Floor

09.30 - 10.00 **B:Corefit**

## SATURDAY

### Studio 1

08.15 - 08.45 **Metafit**  
 08.45 - 09.45 **BODYPUMP™**  
 09.50 - 10.50 **BODYATTACK™**

### STUDIO 2

09.30 - 11.00 **Yoga**

### Cycling Studio

10.05 - 10.50 **RPM™**

### Gym Floor

09.00 - 09.30 **B:Strong**  
 09.30 - 10.00 **B:Corefit**

## SUNDAY

### Studio 1

09.00 - 09.45 **Circuits**  
 09.55 - 10.25 **CXWORX™**  
 10.30 - 11.30 **BODYBALANCE™**  
 17.30 - 18.15 **Circuits**

### Studio 2

19.00 - 20.30 **Yoga**

### Cycling Studio

08.25 - 08.55 **B:Matched**  
 10.30 - 11.15 **RPM™**

### Pool

11.30 - 12.15 **Aqua Aerobics**



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

**Bannatyne**  
Health Club & Spa