

CLASSTIMETABLE NEWPORT

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

06:30 - 07:30 **BODYATTACK™**
09:15 - 10:15 **BODYCOMBAT™**
10:30 - 11:15 **PowerPump**
11:30 - 12:30 **LBT**
13:00 - 13:30 **Virtual Les Mills CXWORX™**
16:00 - 17:00 **Virtual Insanity**
18:00 - 19:00 **BODYPUMP™**

Studio 2

09:10 - 09:55 **Pilates (Beginners)**
10:00 - 11:00 **Pilates (Intermediate/
Mixed Abilities)**
11:15 - 12:15 **Yoga**
13:30 - 14:30 **Yoga**
19:15 - 20:15 **BODYBALANCE™**

Cycle Studio

06:30 - 07:15 **Virtual Cycle**
10:30 - 11:15 **RPM™**
17:30 - 18:15 **RPM™**

Pool

11:45 - 12:30 **Aqua Aerobics**

Gym Floor

18:30 - 19:00 **B:Conditioned**
19:05 - 19:20 **B:Corefit**

TUESDAY

Studio 1

06:30 - 07:15 **Bootcamp**
07:30 - 08:30 **Virtual BODYPUMP™**
09:15 - 10:00 **BODYATTACK™**
10:15 - 11:15 **BODYPUMP™**
11:30 - 12:30 **Young @ Heart**
17:30 - 18:30 **BODYCOMBAT™**
18:45 - 19:45 **Zumba**

Studio 2

09:00 - 10:00 **Yoga**
10:15 - 11:15 **Yoga**
11:30 - 12:30 **Yoga**
18:30 - 19:30 **Pilates**

Cycle Studio

06:15 - 06:45 **B:Matched**
07:30 - 08:00 **Virtual Cycle**
10:15 - 11:00 **RPM™**
14:00 - 14:30 **Virtual Cycle**
18:45 - 19:30 **RPM™**

Pool

09:45 - 10:30 **Water aerobics**
11:45 - 12:30 **Aqua Aerobics**

Gym Floor

18:00 - 18:30 **B:Strong**

WEDNESDAY

Studio 1

06:30 - 07:15 **Virtual SH'BAM**
07:30 - 08:00 **Virtual Insanity**
09:15 - 10:15 **LBT**
10:30 - 11:30 **BODYCOMBAT™**
11:45 - 12:45 **BODYBALANCE™**
14:00 - 14:30 **Virtual Les Mills CXWORX**
17:30 - 18:30 **BODYPUMP™**
19:00 - 19:45 **PowerPump**

Studio 2

09:00 - 09:45 **Yoga**
10:00 - 11:00 **Pilates**
12:00 - 13:00 **Yoga**
18:45 - 19:45 **Yoga**

Cycle Studio

06:30 - 07:15 **RPM™**
09:15 - 09:45 **Virtual Cycle**
17:30 - 18:15 **RPM™**

Pool

11:15 - 12:00 **Aqua Aerobics**

Gym Floor

18:30 - 19:00 **B:Conditioned**
19:05 - 19:20 **B:Corefit**

THURSDAY

Studio 1

06:30 - 07:15 **Bootcamp**
07:30 - 08:00 **Virtual Les Mills CXWORX**
09:15 - 10:15 **Kettlebells**
10:30 - 11:30 **Young @ Heart**
16:00 - 17:00 **Virtual Insanity**
18:00 - 19:00 **BODYATTACK™**

Studio 2

08:00 - 09:00 **Yoga (Beginners)**
09:15 - 10:15 **Yoga**
10:30 - 11:30 **Pilates**
18:30 - 19:30 **Yoga**

Cycle Studio

06:30 - 07:00 **B:Matched**
07:30 - 08:00 **Virtual Cycle**
10:00 - 10:45 **RPM™**
19:00 - 19:30 **Virtual Cycle**

Pool

11:45 - 12:30 **Aqua Aerobics**

Gym Floor

11:00 - 11:30 **B:Strong**
11:35 - 11:50 **B:Corefit**

FRIDAY

Studio 1

06:30 - 07:30 **Virtual Insanity**
09:30 - 10:15 **Circuits**
10:30 - 11:30 **20/20/20**
12:00 - 13:00 **LBT**
16:00 - 16:30 **Virtual Les Mills CXWORX™**
18:00 - 19:00 **BODYPUMP™**
19:15 - 20:15 **BODYBALANCE™**

Studio 2

09:00 - 10:00 **Pilates**
10:30 - 11:30 **Yoga**
13:30 - 14:30 **Iyengar Yoga**

Cycle Studio

06:30 - 07:15 **RPM™**
10:45 - 11:30 **RPM™**
13:00 - 13:45 **Virtual Cycle**

Pool

11:45 - 12:30 **Aqua Aerobics**

Gym Floor

10:20 - 10:35 **B:Corefit**

SATURDAY

Studio 1

09:00 - 09:45 **BODYATTACK™**
10:00 - 11:00 **BODYPUMP™**
11:30 - 12:30 **Zumba**
18:00 - 18:30 **Virtual Les Mills
BODYCOMBAT™**
18:45 - 19:45 **Virtual Les Mills
BODYBALANCE™**

Studio 2

11:15 - 12:15 **Yoga**

Cycle Studio

08:10 - 08:55 **RPM™**
10:30 - 11:15 **Virtual Cycle**

Gym Floor

09:30 - 10:00 **B:Conditioned**
10:05 - 10:20 **B:Corefit**

SUNDAY

Studio 1

08:30 - 09:15 **Circuits**
10:30 - 11:30 **LBT**
14:00 - 14:45 **Virtual Les Mills SH'BAM**
17:00 - 18:00 **Virtual Insanity**
18:15 - 18:45 **Virtual Les Mills CXWORX**

Studio 2

09:15 - 10:15 **Yoga**

Cycle Studio

09:30 - 10:15 **RPM™**
13:00 - 13:45 **Virtual Cycle**



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

Bannatyne
Health Club & Spa