

# CLASSTIMETABLE CREWE

IN PARTNERSHIP WITH **Lucozade**  
SPORT

## MONDAY

### Studio 1

06:30 - 07:30 **Les Mills Virtual Bodycombat**  
09:30 - 10:15 **Bodytone**  
10:30 - 11:30 **Pilates**  
11:45 - 12:45 **Pilates**  
18:00 - 19:00 **Les Mills Bodypump**  
19:15 - 20:15 **Les Mills Bodyattack**

### Studio 2

06:30 - 07:15 **Les Mills RPM**  
10:30 - 11:15 **Les Mills Virtual RPM**  
11:30 - 12:30 **Yoga**  
12:30 - 13:30 **Intermediate Yoga\***  
16:00 - 16:45 **Les Mills Virtual RPM**  
17:15 - 18:00 **Les Mills RPM**  
18:15 - 19:15 **Yoga**

### Gym Floor

09:30 - 10:15 **B:Young@Heart**  
11:30 - 12:15 **B:Conditioned**

### Pool

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

## TUESDAY

### Studio 1

09:15 - 10:00 **Zumba**  
10:15 - 11:15 **Les Mills Bodypump**  
11:30 - 12:30 **Trigger Point**  
13:00 - 14:00 **Les Mills Virtual Bodypump**  
17:45 - 18:45 **Bodytone**  
19:00 - 20:00 **Yoga**  
20:15 - 21:00 **Pilates**

### Studio 2

06:30 - 07:15 **Les Mills RPM**  
09:15 - 10:00 **Les Mills RPM**  
10:15 - 11:15 **Pilates**  
11:30 - 12:15 **Fitball**  
13:00 - 13:45 **Les Mills Virtual RPM**  
17:30 - 18:00 **B:Matched**  
18:15 - 19:00 **Les Mills RPM**  
19:15 - 20:00 **Boxfit**  
20:30 - 21:15 **Les Mills Virtual RPM**

### Gym Floor

11:30 - 12:15 **B:Corefit**

### Pool

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

## WEDNESDAY

### Studio 1

06:30 - 07:30 **Les Mills Bodypump**  
09:30 - 10:30 **Aerobics**  
10:45 - 11:45 **Bodytone**  
17:45 - 18:45 **Les Mills Bodyattack**  
19:00 - 20:00 **Les Mills Bodycombat**

### Studio 2

09:30 - 10:15 **Dance Fit**  
10:15 - 11:15 **Yoga**  
13:30 - 14:15 **Les Mills Virtual RPM**  
17:30 - 18:15 **Les Mills RPM**  
19:30 - 20:30 **Yoga**

### Gym Floor

06:30 - 07:15 **B:Conditioned**  
10:15 - 11:00 **B:Strong**

### Pool

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

## THURSDAY

### Studio 1

09:15 - 10:15 **Aerobics**  
10:30 - 11:30 **Pilates**  
11:45 - 12:45 **LBT**  
13:00 - 14:00 **Pilates**  
18:00 - 19:00 **Les Mills BodyCombat**  
19:15 - 20:15 **Les Mills BodyPump**

### Studio 2

06:30 - 07:15 **Les Mills Virtual RPM**  
09:30 - 10:15 **Les Mills RPM**  
10:30 - 11:15 **Kettlebells**  
12:30 - 13:15 **Les Mills Virtual RPM**  
17:30 - 18:15 **Les Mills RPM**  
18:30 - 19:00 **Metafit**  
19:15 - 20:15 **Pilates**  
20:30 - 21:30 **Yoga**

### Gym Floor

06:30 - 07:15 **B:Conditioned**

## FRIDAY

### Studio 1

07:00 - 08:00 **Les Mills Virtual Bodybalance**  
09:15 - 10:15 **Les Mills Bodypump**  
10:30 - 11:30 **Pilates**  
11:45 - 12:45 **Yoga**  
18:15 - 19:15 **Les Mills Virtual Bodypump**

### Studio 2

06:30 - 07:15 **Les Mills RPM**  
09:15 - 10:00 **Les Mills RPM**  
10:15 - 11:15 **Bodycombat**  
18:30 - 19:15 **Les Mills RPM**

### Gym Floor

17:30 - 18:15 **B:Corefit**

### Pool

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

## SATURDAY

### Studio 1

08:30 - 09:30 **Les Mills Virtual Bodycombat**  
10:15 - 11:15 **Les Mills Bodypump**  
11:30 - 12:30 **Zumba**

### Studio 2

08:30 - 09:15 **Les Mills Virtual RPM**  
09:30 - 10:15 **Les Mills RPM**  
10:30 - 11:15 **Les Mills Virtual RPM**  
11:30 - 12:30 **Pilates**

### Gym Floor

08:30 - 09:15 **B:Conditioned**  
11:00 - 11:45 **B:Strong**

## SUNDAY

### Studio 1

09:15 - 10:15 **Yoga**  
10:30 - 11:30 **Les Mills Virtual Bodypump**

### Studio 2

09:00 - 09:45 **Les Mills Virtual RPM**  
10:00 - 11:00 **Les Mills Bodybalance**  
11:15 - 12:00 **Les Mills Virtual RPM**

### Gym Floor

08:30 - 09:30 **Fitness Fundamentals**  
11:00 - 11:45 **B:Corefit**

\*Please do not book yourself into nor attend this class if you have attended the 11:30 Yoga class as the two classes are not compatible on the same day. The instructor will ask those from the previous class to leave prior to the 12:30 class commencing.



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

**Bannatyne**  
Health Club & Spa