

CLASSTIMETABLE WILDMOOR

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

09:30 - 10:30 **Body Pump**
11:30 - 12:30 **Step and Tone**
17:00 - 18:00 **Circuits**
18:00 - 19:00 **Circuits**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Pilates Beginners**
11:45 - 12:45 **Yoga Beginners**
13:00 - 14:00 **Fitness Yoga**
18:30 - 20:00 **Hatha Yoga**

Cycle Studio

08:45 - 09:25 **Group Cycle**
10:45 - 11:30 **B:Matched**
11:45 - 12:30 **Group Cycle**
18:00 - 18:45 **Group Cycle**

Pool

09:45 - 10:30 **Aqua**
10:45 - 11:30 **Aqua**

Gym Floor

07:00 - 07:30 **B:Conditioned**
10:00 - 10:30 **B:Strong**

Tennis

10:00 - 12:00 **Intermediates Social Tennis**
12:00 - 13:00 **Beginners Social Tennis**
19:30 - 20:30 **Skills and Drills**

TUESDAY

Studio 1

09:00 - 09:30 **MetaFit**
09:30 - 10:00 **Ab Attack**
10:00 - 11:00 **Legs Bums and Tums**
11:15 - 12:00 **Zumba**
12:00 - 12:45 **Zumba Toning**
18:00 - 19:00 **Body Attack**
19:00 - 20:00 **Body Pump**

Studio 2

10:00 - 11:30 **Vinyasa Yoga**
13:00 - 14:00 **Yoga**
18:00 - 19:00 **Pilates Beginners/ Intermediates**
19:00 - 20:00 **Pilates Advanced**

Cycle Studio

18:30 - 19:15 **B:Matched**
19:15 - 20:00 **Group Cycle**

Pool

10:00 - 11:00 **Aqua**

Gym Floor

07:00 - 07:30 **B:Core-Fit**
10:00 - 10:30 **B:Conditioned**

Tennis

10:00 - 11:00 **Beginners Social Tennis**
11:00 - 12:00 **Intermediates Coaching**
13:00 - 15:00 **Intermediates Social Tennis**

WEDNESDAY

Studio 1

10:45 - 11:45 **Body Pump**
17:00 - 18:00 **Circuits**
18:00 - 19:00 **Circuits**
19:00 - 20:00 **Body Combat**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Intro to Pilates**
12:00 - 13:00 **Yoga**
14:00 - 15:00 **Restorative Yoga**
18:00 - 19:00 **Body Balance**

Cycle Studio

18:00 - 19:00 **Group Cycle**
19:00 - 20:00 **Group Cycle**

Pool

09:30 - 10:30 **Aqua**

Gym Floor

07:00 - 07:30 **B:Conditioned**
10:00 - 10:30 **B:Core-Fit**

Tennis

10:00 - 12:00 **Intermediates Social Tennis**

THURSDAY

Studio 1

08:30 - 09:15 **Legs Bums and Tums**
09:30 - 10:30 **Circuits**
10:45 - 11:30 **Zumba**
11:30 - 12:15 **Zumba**
18:00 - 19:00 **Body Attack**
19:00 - 20:00 **Body Pump**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates**
10:45 - 11:30 **Ab Attack**
11:45 - 12:45 **Body Balance**
12:45 - 13:45 **Pilates**
14:00 - 15:00 **Yoga Beginners**
18:30 - 19:30 **Pilates**
19:35 - 21:05 **Vinyasa Yoga**

Cycle Studio

06:30 - 07:15 **Group Cycle**
10:45 - 11:45 **Group Cycle**

Pool

10:45 - 11:30 **Aqua**

Gym Floor

07:00 - 07:30 **B:Core-Fit**
10:00 - 10:30 **B:Strong**

Tennis

10:00 - 11:00 **Skills and Drills**
12:30 - 13:30 **Beginners Social Tennis**

FRIDAY

Studio 1

09:30 - 10:30 **Body Pump**
11:00 - 12:00 **Body Balance**
12:15 - 13:15 **Hatha Yoga**
13:30 - 14:30 **Pilates Intermediates**
14:30 - 15:30 **Pilates**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:45 - 12:15 **Krama Yoga**
12:15 - 13:45 **Beginners Ashtanga Yoga**
18:30 - 19:30 **Body Balance**

Cycle Studio

08:45 - 09:25 **Group Cycle**
10:45 - 11:45 **Group Cycle**
17:15 - 18:00 **Group Cycle**
18:00 - 18:30 **Group Cycle**

Pool

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

Gym Floor

07:00 - 07:30 **B:Core-Fit**
10:00 - 10:30 **B:Strong**
17:00 - 17:30 **B:Conditioned**

Tennis

11:00 - 12:00 **Beginners Social Tennis**
12:30 - 14:30 **Intermediates Social Tennis**

SATURDAY

Studio 1

08:00 - 09:00 **Boot Camp**
09:30 - 10:30 **Body Combat**
11:00 - 12:00 **Body Pump**

Studio 2

08:30 - 09:15 **Power Pilates**
09:30 - 10:30 **Body Balance**
16:00 - 17:30 **Hatha Yoga**

Cycle Studio

10:00 - 10:45 **Group Cycle**

Gym Floor

08:30 - 09:00 **B:Strong**
10:30 - 11:00 **B:Core-Fit**

SUNDAY

Studio 1

10:00 - 11:00 **Body Attack**
11:00 - 12:00 **Body Pump**

Studio 2

09:00 - 10:30 **Dynamic Hatha Yoga**
10:30 - 12:00 **Dynamic Hatha Yoga**

Cycle Studio

09:00 - 09:45 **Group Cycle**



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

Bannatyne
Health Club & Spa