

CLASSTIMETABLE TOWER 42

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio 1 07:00 - 07:45 Power Pilates 08:00 - 08:45 Body Pump 11:30 - 12:10 Yin Yoga 12:20 - 13:00 HIIT Circuit Condition 13:10 - 13:50 LBT 14:00 - 14:30 Virtual CXWORX™ 17:45 - 18:30 Circuits	Studio 1 06:45 - 07:30 Virtual BODYPUMP™ 07:45 - 08:30 Pilates 12:20 - 13:00 Boxing Conditioning 13:10 - 13:50 Yoga 14:00 - 14:30 Virtual BODYCOMBAT™ 17:45 - 18:30 BODYPUMP™	Studio 1 07:30 - 08:15 Virtual CXWORX™ 12:10 - 12:50 Step 13:10 - 13:50 BODYPUMP™ 14:00 - 14:30 Virtual BODYBALANCE™ 17:45 - 18:30 BODYATTACK™ 18:30 - 19:15 Hatton Boxing Conditioning	Studio 1 07:30 - 08:15 Virtual BODYBALANCE™ 12:10 - 12:50 Pilates 13:10 - 13:50 Circuits 14:00 - 14:30 Virtual BODYCOMBAT™ 17:00 - 17:45 Power Pilates 18:00 - 18:45 Boxing Conditioning 19:00 - 20:00 Jiu Jitsu	Studio 1 12:10 - 12:50 Hatha Yoga Advanced 13:10 - 13:50 Boxing Conditioning 17:45 - 18:30 Virtual BODYPUMP™	Cycle Studio 10:30 - 11:15 Virtual RPM 11:30 - 12:15 Virtual RPM
Studio 2 08:00 - 08:45 Bootcamp Circuits 12:15 - 12:45 MetaFit 13:10 - 13:50 BODYATTACK™ 17:45 - 18:30 Mobility Stretch	Studio 2 08:00 - 08:45 Bootcamp Circuits 12:10 - 12:50 Bbarreless 13:10 - 13:50 Kettlebells 17:45 - 18:30 Afro Yoga	Studio 2 12:10 - 12:50 Kettlebells 13:10 - 13:50 BODYCOMBAT™ 17:45 - 18:30 Total Body Conditioning	Studio 2 08:00 - 08:30 MetaFit 12:10 - 12:50 Bootcamp Circuits 13:10 - 13:50 Kangoo 18:15 - 19:15 Beginners Yoga	Studio 2 12:10 - 12:50 Bootcamp Circuits 13:15 - 13:45 MetaFit 17:45 - 18:30 Bootcamp Circuits	Cycle Studio 07:30 - 08:15 Virtual RPM™ 13:10 - 13:50 Group Cycle
Cycle Studio 07:00 - 07:30 Virtual RPM™ 08:00 - 08:30 Virtual RPM™ 12:10 - 12:50 Group Cycle 13:10 - 13:50 Group Cycle	Cycle Studio 07:00 - 07:30 Virtual RPM™ 08:00 - 08:30 Virtual RPM™ 12:10 - 12:50 Group Cycle 13:10 - 13:50 Group Cycle	Cycle Studio 12:10 - 12:50 Group Cycle 13:10 - 13:50 Group Cycle 17:45 - 18:30 B:Matched	Cycle Studio 07:00 - 07:30 Virtual RPM 08:00 - 08:30 Virtual RPM 12:10 - 12:50 Group Cycle 13:10 - 13:50 Group Cycle		
Gym Floor 07:15 - 07:45 B:Core-Fit 14:00 - 14:30 Strength & Tone 18:00 - 18:30 B:Strong	Pool 13:10 - 13:50 Aqua	Pool 13:10 - 13:50 Aqua	Pool 13:10 - 13:50 Aqua Zumba		
	Gym Floor 07:15 - 07:45 B:Core-Fit 14:00 - 14:30 Strength & Tone 18:30 - 19:00 B:Conditioned	Gym Floor 08:00 - 08:30 B:Conditioned 14:00 - 14:30 Strength & Tone 18:00 - 18:30 B:Strong	Gym Floor 14:00 - 14:30 Strength & Tone 18:00 - 18:30 B:Conditioned		



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

Bannatyne
Health Club & Spa