CLASSTIMETABLE BRAINTREE

IN PARTNERSHIP WITH Lucozade SPORT

MONDAY

Studio 1
06:15 - 06:45 **Metafit**
09:00 - 09:30 **Kettlebells**
09:35 - 10:35 **BODYATTACK™**
10:40 - 11:25 **BODYPUMP™**
11:30 - 12:30 **Pilates**
12.35 - 13.20 **Stretch and Relax**
13:30 - 14:30 **Virtual BODYCOMBAT™**
18:30 - 19:00 **Kettlebells**
19:00 - 19:45 **BODYCOMBAT™**
19:50 - 20:35 **BODYPUMP™**

Studio 2
11:30 - 12:15 **Zumba**
19:15 - 19:45 **Circuits**
20:00 - 21:00 **BODYBALANCE™**

Cycle Studio
09:35 - 10:20 **RPM™**
19:00 - 19:45 **RPM™**

Pool
11.20 - 12:05 **Aqua Aerobics**

TUESDAY

Studio 1
06:15 - 07:00 **Kettlebells**
09:30 - 10:30 **BODYCOMBAT™**
10:30 - 11:30 **BODYBALANCE™**
13:00 - 14:00 **Virtual BODYBALANCE™**
17:30 - 18:00 **Virtual CXWORX™**
18:30 - 19:00 **Metafit**
19:00 - 20:00 **BODYATTACK™**
20:00 - 21:00 **BODYBALANCE™**

Studio 2
09:30 - 10:15 **Legs, Bums & Tums**
12:15 - 13:15 **Yoga and Meditation**
18:30 - 19:25 **Mindful Pilates**

Cycle Studio
09.00 - 09.30 **RPM™**
18:00 - 18:30 **RPM™**

Pool
09:30 - 10:15 **Aqua Aerobics**
19:30 - 20:15 **Aqua Aerobics**

Gym
09:35 - 10:05 **B:Strong**
10:05 - 10:20 **B:CoreFit**
20:00 - 20:30 **B:Functional**
20:30 - 20:45 **B:CoreFit**

WEDNESDAY

Studio 1
06:00 - 06:45 **BODYATTACK™**
07:10 - 08:10 **Virtual BODYBALANCE™**
08:30 - 09:15 **Virtual SH'BAM™**
09:30 - 10:30 **BODYPUMP™**
10:30 - 11:15 **Step**
11:45 - 12:45 **Pilates**
13:00 - 14:00 **Virtual BODYCOMBAT™**
17:15 - 18:15 **Virtual BODYBALANCE™**
19:00 - 20:00 **BODYCOMBAT™**
20:00 - 20:45 **BODYPUMP™**

Studio 2
11:30 - 12:00 **Vinyasa Flow Yoga**
20:00 - 21:00 **Hatha Yoga**

Cycle Studio
09:30 - 10:15 **RPM™**
18:00 - 18:45 **RPM™**
19:05 - 19:50 **RPM™**

Pool
10:00 - 11:45 **Aqua Aerobics**

Gym
20:00 - 20:30 **B:Strong**
20:30 - 20:45 **B:Core**

THURSDAY

Studio 1
06:15 - 07:00 **BODYPUMP™**
07:10 - 07:40 **Virtual CXWORX™**
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 11:05 **BODYBALANCE™**
13:00 - 14:00 **Virtual BODYPUMP™**
17:30 - 18:30 **Virtual BODYCOMBAT™**
18:35 - 19:05 **Kettlebells**
19:05 - 20:05 **Zumba**

Studio 2
09:30 - 10:15 **Legs, Bums & Tums**
19:15 - 20:15 **Vinyasa Flow Yoga**

Cycle Studio
09:40 - 10:10 **B:Matched**
18:00 - 18:30 **RPM™**

Pool
18:30 - 19:15 **Aqua**

Gym
09:00 - 09:30 **B:Strong**
20:05 - 20:35 **B:Functional**

FRIDAY

Studio 1
07:10 - 08:10 **Virtual BODYPUMP™**
09:00 - 09:30 **Virtual CXWORX™**
09:35 - 10:35 **Pilates**
13:00 - 14:00 **Virtual BODYCOMBAT™**
18:00 - 18:45 **BODYPUMP™**
18:50 - 19:35 **BODYCOMBAT™**

Studio 2
09:30 - 10:15 **Zumba**
10:40 - 11:40 **Restorative Pilates**

Cycle Studio
06:15 - 07:00 **Freestyle Spin**
09:35 - 10:20 **RPM™**
18:00 - 18:30 **RPM™**

Pool
09:30 - 10:15 **Aqua Aerobics**

Gym
18:35 - 19:05 **B:Strong**

SATURDAY

Studio 1
09:30 - 10:15 **BODYCOMBAT™**
10:20 - 11:05 **BODYPUMP™**
11:10 - 11:55 **BODYBALANCE™**

Cycle Studio
08:15 - 09:00 **RPM™**
09:30 - 10:15 **RPM™**

Gym
14:00 - 14:30 **B:Strong**
14:30 - 14:45 **B:CoreFit**

SUNDAY

Studio 1
08:10 - 09:00 **Pilates**
09:05 - 09:50 **BODYCOMBAT™**
09:55 - 10:55 **BODYPUMP™**
11.00 - 12.00 **BODYATTACK™**

Studio 2
10:00 - 11:00 **Yoga**

Cycle Studio
09:00 - 09:45 **RPM™**
14:00 - 14:30 **B:Matched**

Pool
09.00 - 09.45 **Aqua Aerobics**

STARTSMART Bannatyne

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

Bannatyne Health Club & Spa