

# CLASSTIMETABLE BRINDLEY PLACE

IN PARTNERSHIP WITH 

## MONDAY

### Studio 1

12:15 - 13:00 **BODYCOMBAT™**  
 13:00 - 13:30 **Tabata**  
 17:50 - 18:10 **Pure Abs**  
 18:15 - 19:00 **BODYCOMBAT™**  
 19:00 - 20:00 **BODYPUMP™**

### Mind & Body

13:00 - 14:00 **Yoga**  
 18:15 - 18:55 **LBT**  
 19:00 - 20:00 **BODYBALANCE™**

### Cycling Studio

06:45 - 07:15 **Group Cycling**  
 19:00 - 19:45 **RPM™**

### Gym Floor

12:30 - 13:00 **B:Strong**

### Pool

13:25 - 14:05 **Aqua Aerobics**

## TUESDAY

### Studio 1

12:15 - 13:00 **BODYPUMP™**  
 18:00 - 19:00 **BODYPUMP™**  
 19:00 - 20:00 **BODYATTACK™**

### Mind & Body

12:30 - 13:00 **Tabata**  
 13:15 - 14:00 **Pilates**  
 17:45 - 18:40 **Boxing/Kickboxing**  
 18:45 - 19:45 **Pilates**

### Cycling Studio

07:00 - 07:30 **Virtual RPM™**  
 19:00 - 19:45 **B:Matched**

### Gym Floor

06:45 - 07:15 **B:Conditioned**  
 13:10 - 13:40 **B:Corefit**

## WEDNESDAY

### Studio 1

07:00 - 08:00 **Virtual BODYPUMP™**  
 12:50 - 13:20 **Bootcamp**  
 18:05 - 19:05 **BODYPUMP™**  
 19:10 - 19:55 **Circuits**

### Mind & Body

07:05 - 08:00 **Yoga**  
 12:50 - 13:35 **BODYBALANCE™**  
 17:30 - 18:15 **Boxing/Kickboxing**  
 18:15 - 19:00 **Kettlebells**  
 19:05 - 19:50 **BODYBALANCE™**

### Cycling Studio:

12:15 - 12:45 **Group Cycling**  
 17:40 - 18:10 **Group Cycling**

### Gym Floor

06:30 - 07:00 **B:Corefit**

## THURSDAY

### Studio 1

13:05 - 13:30 **Pure Abs**  
 18:00 - 19:00 **BODYCOMBAT™**  
 19:00 - 19:30 **BODYATTACK Express™**

### Mind & Body

18:30 - 19:45 **Yoga**

### Cycling Studio

06:45 - 07:30 **RPM™**

### Gym Floor

12:30 - 13:00 **B:Strong**

## FRIDAY

### Studio 1

06:45 - 07:30 **Circuits**  
 13:00 - 13:45 **BODYPUMP™**  
 17:30 - 18:30 **Virtual BODYCOMBAT™**  
 18:30 - 19:30 **Virtual BODYPUMP™**

### Mind & Body

13:00 - 13:45 **Pilates**  
 18:15 - 19:30 **Yoga**

### Cycling Studio

07:00 - 07:30 **Virtual RPM™**

### Pool

12:15 - 13:00 **Aqua Aerobics**

### Gym Floor

12:30 - 13:00 **B:Conditioned**

## SATURDAY

### Studio 1

11:05 - 11:25 **Pure Abs**  
 11:30 - 12:30 **BODYCOMBAT™ & BODYPUMP™**

### Mind & Body

10:30 - 12:00 **Yoga**

### Cycling Studio

10:15 - 11:00 **Group Cycling**

### Gym Floor

11:35 - 12:05 **B:Conditioned**

## SUNDAY

### Studio 1

10:00 - 11:00 **BODYPUMP™**

### Mind & Body

11:05 - 12:05 **Pilates**  
 17:15 - 18:45 **Yoga**

### Cycling Studio

10:15 - 11:00 **Virtual RPM™**

### Gym Floor

11:05 - 11:35 **B:Corefit**



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

**Bannatyne**  
Health Club & Spa