

# CLASSTIMETABLE SOLIHULL

IN PARTNERSHIP WITH **Lucozade**  
SPORT

## MONDAY

### Studio 1

08:20 - 09:20 **Virtual BODYPUMP™**  
09:30 - 10:30 **BODYPUMP™**  
10:30 - 11:20 **BODYATTACK™**  
11:25 - 12:25 **Pilates**  
12:30 - 13:30 **Pilates**  
13:30 - 15:00 **Yoga**  
18:00 - 18:45 **Circuits**  
18:50 - 19:20 **BODYCOMBAT™**  
19:25 - 19:55 **BODYPUMP™**

### Studio 2

06:45 - 07:30 **RPM™ Virtual**  
09:15 - 09:45 **Metafit**  
09:50 - 10:40 **Pilates**  
11:00 - 11:45 **Core Stability**  
11:55 - 12:55 **Yoga**  
13:00 - 14:00 **Stretch & Tone**  
17:45 - 18:30 **Group Cycling**  
18:50 - 19:50 **BODYBALANCE™**  
20:00 - 21:15 **Tai Chi**

### Gym Floor

14:00 - 14:30 **B:Corefit**  
18:45 - 19:15 **B:Strong**

### Pool

09:45 - 10:25 **Aqua**  
11:30 - 12:15 **Aqua**  
18:30 - 19:15 **Aqua**

## TUESDAY

### Studio 1

06:45 - 07:15 **Circuits**  
09:00 - 09:45 **Legs, Bums & Tums**  
09:45 - 10:30 **Legs, Bums & Tums**  
10:30 - 11:30 **Pilates**  
11:35 - 12:35 **Zumba Gold**  
12:45 - 13:45 **Pilates**  
18:00 - 18:45 **BODYSTEP™**  
18:45 - 19:25 **BODYPUMP™**  
19:35 - 20:35 **BODYATTACK™**

### Studio 2

06:40 - 07:10 **Virtual RPM™**  
07:30 - 08:10 **B:Matched Spin**  
09:15 - 10:15 **Spin Circuits**  
10:30 - 11:15 **Freestyle Step**  
11:30 - 12:30 **BODYBALANCE™**  
17:35 - 18:20 **BODYCOMBAT™**  
18:35 - 19:20 **RPM™**  
19:35 - 20:35 **Mind & Body**

### Gym Floor

10:30 - 11:00 **B:Conditioned**

### Pool

11:00 - 11:45 **Aqua**  
18:30 - 19:15 **Aqua**

## WEDNESDAY

### Studio 1

06:50 - 07:20 **Metafit**  
09:00 - 09:45 **Stretch, Tone & Core**  
09:45 - 10:30 **Stretch, Tone & Core**  
10:35 - 11:30 **BODYPUMP™**  
11:40 - 13:10 **Yoga**  
13:30 - 14:15 **Just Dance**  
17:30 - 18:15 **Body Conditioning**  
18:20 - 19:20 **Pilates**  
19:35 - 20:35 **Zumba**

### Studio 2

09:15 - 10:10 **20/20/20**  
10:15 - 11:15 **Pilates**  
11:40 - 12:10 **Aerobics**  
12:10 - 12:40 **Stretch & Tone**  
13:15 - 14:15 **Mind & Body**  
14:20 - 15:20 **Mind & Body**  
17:15 - 18:00 **BODYATTACK™**  
18:15 - 19:00 **Spin Circuits**  
19:15 - 20:15 **Mind & Body**

### Gym Floor

12:30 - 13:00 **B:Conditioned**  
13:00 - 13:30 **B:Strong**  
18:30 - 19:00 **B:Conditioned**

### Pool

10:45 - 11:30 **Aqua**  
13:00 - 13:45 **Aqua**

## THURSDAY

### Studio 1

09:30 - 10:20 **BODYCOMBAT™**  
10:35 - 11:35 **Pilates**  
11:40 - 12:40 **Pilates**  
12:45 - 13:45 **Zumba**  
14:00 - 15:00 **Pilates**  
17:35 - 17:50 **Abs Blast**  
17:55 - 18:25 **Metafit**  
19:10 - 20:10 **BODYPUMP™**

### Studio 2

06:45 - 07:15 **RPM™**  
07:20 - 07:50 **Virtual RPM™**  
09:30 - 10:30 **Aerobics**  
10:35 - 11:20 **Just Dance**  
17:30 - 19:00 **Yoga**  
19:30 - 20:30 **BODYBALANCE™**

### Gym Floor

10:00 - 10:30 **B:Corefit**  
10:30 - 11:00 **B:Strong**

### Pool

13:30 - 14:15 **Aqua**  
18:15 - 19:00 **Aqua**

## FRIDAY

### Studio 1

06:50 - 07:50 **Virtual BODYPUMP™**  
08:00 - 09:00 **Yoga**  
09:30 - 10:30 **Total Body Workout**  
10:45 - 11:45 **BODYPUMP™**  
14:15 - 15:15 **Pilates**  
15:30 - 17:00 **Yoga**  
17:45 - 18:30 **Circuits**

### Studio 2

09:05 - 09:50 **Group Cycling**  
10:05 - 11:35 **Yoga**  
13:30 - 14:30 **BODYBALANCE™**  
17:30 - 19:00 **Mind & Body**  
19:30 - 20:00 **Virtual RPM™**

### Gym Floor

06:50 - 07:20 **B:Conditioned**  
07:20 - 07:50 **B:Corefit**

### Pool

12:30 - 13:15 **Aqua**

## SATURDAY

### Studio 1

09:05 - 09:55 **BODYCOMBAT™**  
10:00 - 10:45 **BODYSTEP™**  
11:00 - 12:00 **BODYPUMP™**  
12:10 - 13:10 **Zumba**  
14:00 - 15:00 **Virtual BODYBALANCE™**

### Studio 2

09:00 - 09:45 **RPM™**  
10:00 - 11:00 **Mind & Body**  
11:00 - 12:00 **Mind & Body**  
12:00 - 13:30 **Self Defence**  
13:30 - 14:30 **Advanced Self Defence**

### Gym Floor

12:00 - 12:30 **B:Corefit**

## SUNDAY

### Studio 1

08:45 - 10:15 **Yoga**  
10:50 - 11:50 **Body Conditioning**  
11:45 - 12:30 **Step & Tone**  
12:35 - 13:35 **Zumba**

### Studio 2

09:20 - 10:20 **Spin Circuits**  
10:30 - 11:30 **Pilates**  
17:15 - 18:15 **Tai Chi**

### Gym Floor

11:30 - 12:00 **B:Strong**

### Pool

09:15 - 10:00 **Aqua**  
10:00 - 10:45 **Aqua**



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

**Bannatyne**  
Health Club & Spa