

CLASSTIMETABLE INVERNESS

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

06:10 - 06:40 **Metafit**
09:30 - 10:15 **BODYCOMBAT™**
10:30 - 11:15 **Sweat & Tone**
16:00 - 16:30 **Kids B:Active**
17:30 - 18:00 **CXWORX™**
18:05 - 18:50 **Step**
18:55 - 19:40 **BODYPUMP™**
19:50 - 21:05 **Hatha Yoga**

Studio 2

06:45 - 07:30 **Group Cycle**
09:30 - 10:00 **HIIT Cycle**
17:30 - 18:00 **HIIT Cycle**
18:10 - 18:55 **Group Cycle**
19:00 - 19:30 **B:Matched**

Functional Floor

06:45 - 07:15 **B:Strong**
10:15 - 10:45 **B:Strong**
19:30 - 20:00 **B:Core**

Pool

11:15 - 12:00 **Aqua**
18:00 - 18:30 **HIIT Aqua**

TUESDAY

Studio 1

06:45 - 07:30 **BODYCOMBAT™**
09:30 - 10:15 **Step**
10:20 - 11:05 **15/15/15**
17:30 - 18:00 **BODYATTACK™**
18:05 - 18:50 **Circuits**
19:00 - 19:45 **Zumba**

Studio 2

06:10 - 06:40 **HIIT Cycle**
09:30 - 10:00 **B:Matched**
17:30 - 18:00 **HIIT Cycle**
18:10 - 18:55 **RPM™**

Functional Floor

06:45 - 07:15 **B:Strong**
10:15 - 10:45 **B:Conditioned**
19:00 - 19:30 **B:Strong**
19:30 - 20:00 **B:Core**

Pool

11:15 - 12:00 **Aqua**

WEDNESDAY

Studio 1

06:45 - 07:15 **Metafit**
09:30 - 10:15 **Zumba**
10:20 - 11:20 **BODYBALANCE™**
11:25 - 12:40 **TaiJiQuan**
16:00 - 16:30 **Kids B:Active**
17:30 - 18:15 **BODYPUMP™**
18:20 - 19:05 **BODYCOMBAT™**
19:15 - 20:30 **Vinyasa Yoga**

Studio 2

06:45 - 07:30 **Group Cycle**
09:30 - 10:00 **HIIT Cycle**
12:30 - 13:15 **Group Cycle**
17:30 - 18:00 **HIIT Cycle**
18:20 - 19:05 **Group Cycle**

Functional Floor

06:10 - 06:40 **B:Core**
10:15 - 10:45 **B:Core**
19:00 - 19:30 **B:Strong**
19:30 - 20:00 **B:Conditioned**

Pool

11:15 - 12:00 **Aqua**
17:30 - 18:15 **Aqua**

THURSDAY

Studio 1

09:30 - 10:15 **BODYCOMBAT™**
10:30 - 11:15 **BODYPUMP™**
11:30 - 12:15 **BODYBALANCE™**
14:00 - 15:00 **Qigong**
17:30 - 18:00 **CXWORX™**
18:10 - 19:10 **BODYPUMP™**

Studio 2

06:10 - 06:40 **HIIT Cycle**
09:30 - 10:15 **Group Cycle**
17:30 - 18:00 **HIIT Cycle**
18:10 - 18:55 **RPM™**

Functional Floor

06:45 - 07:15 **B:Core**
09:30 - 10:00 **B:Strong**
10:00 - 10:30 **B:Conditioned**
19:15 - 19:45 **B:Conditioned**

FRIDAY

Studio 1

06:10 - 06:40 **Metafit**
09:30 - 10:30 **Sweat & Tone**
10:30 - 11:30 **BODYBALANCE™**
17:15 - 18:00 **Circuits**
18:05 - 19:05 **BODYBALANCE™**

Studio 2

06:45 - 07:30 **Group Cycle**
09:30 - 10:00 **B:Matched**
18:00 - 18:45 **Group Cycle**

Functional Floor

06:45 - 07:15 **B:Strong**
10:15 - 10:45 **B:Core**
18:45 - 19:15 **B:Strong**

Pool

11:15 - 12:00 **Aqua**

SATURDAY

Studio 1

09:00 - 09:45 **BODYATTACK™**
10:00 - 11:00 **BODYPUMP™**
11:30 - 12:00 **Teen B:Active**

Studio 2

08:15 - 09:00 **Group Cycle**
09:15 - 10:00 **Group Cycle**
16:00 - 16:30 **HIIT Cycle**

Functional Floor

16:30 - 17:00 **B:Core**

SUNDAY

Studio 1

09:30 - 10:15 **Circuits**
10:45 - 11:45 **BODYBALANCE™**
12:30 - 13:00 **Kids B:Active**

Studio 2

10:15 - 10:45 **HIIT Cycle**
16:00 - 16:30 **HIIT Cycle**

Functional Floor

16:30 - 17:00 **B:Strong**



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

Bannatyne
Health Club & Spa