

# CLASSTIMETABLE SKELMERSDALE

IN PARTNERSHIP WITH **Lucozade**  
SPORT

## MONDAY

### Studio 1

06:05 - 07:00 **VIRTUAL BODYCOMBAT™**  
09:15 - 10:15 **Aerobics**  
10:30 - 11:30 **BODYPUMP™**  
13:00 - 13:30 **VIRTUAL BODYCOMBAT™**  
17:45 - 18:30 **Bootcamp**  
18:30 - 19:30 **Step**  
19:30 - 20:30 **Body Conditioning**

### Studio 2

06:05 - 06:50 **VIRTUAL RPM™**  
07:00 - 07:45 **RPM™**  
09:15 - 10:00 **RPM™**  
10:15 - 11:15 **Pilates**  
11:30 - 12:30 **Pilates**  
16:30 - 17:00 **B:Matched**  
18:00 - 18:45 **RPM™**  
19:00 - 19:30 **CXWORX™**  
19:45 - 21:15 **Yoga**

### Pool

10:30 - 11:15 **Aqua Aerobics**  
13:00 - 13:45 **Aqua Aerobics**

### Gym

17:00 - 17:30 **B:Conditioned**

## TUESDAY

### Studio 1

06:30 - 07:00 **CXWORX™**  
07:00 - 07:30 **Metafit**  
09:15 - 09:45 **CXWORX™**  
09:45 - 10:45 **Aerobics**  
16:30 - 17:30 **VIRTUAL BODYCOMBAT™**  
17:45 - 18:45 **BODYCOMBAT™**  
18:45 - 19:15 **Metafit**  
19:30 - 20:30 **BODYPUMP™**

### Studio 2

06:05 - 06:50 **VIRTUAL RPM™**  
07:00 - 07:45 **VIRTUAL RPM™**  
09:30 - 11:00 **Yoga**  
12:15 - 12:45 **RPM™**  
17:45 - 18:30 **BODYBALANCE™**  
18:45 - 19:30 **RPM™**

### Pool

19:15 - 20:00 **Aqua Aerobics**

### Gym

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

## WEDNESDAY

### Studio 1

06:30 - 07:30 **VIRTUAL BODYPUMP™**  
09:15 - 10:15 **Aerobics**  
10:15 - 11:15 **Total Tone**  
17:45 - 18:30 **BODYATTACK™**  
18:30 - 19:15 **BODYPUMP™**  
19:30 - 20:15 **BOXFIT**

### Studio 2

06:05 - 06:50 **VIRTUAL RPM™**  
07:00 - 07:45 **RPM™**  
08:30 - 09:00 **B:Matched**  
09:15 - 10:00 **VIRTUAL RPM™**  
12:15 - 12:45 **VIRTUAL RPM™**  
14:00 - 15:30 **Yoga**  
17:45 - 18:30 **RPM™**  
18:45 - 19:45 **Pilates**

### Pool

10:30 - 11:15 **Aqua Aerobics**  
12:00 - 13:00 **Aqua Aerobics**

### Gym

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

## THURSDAY

### Studio 1

07:00 - 07:30 **Metafit**  
09:30 - 10:15 **Dancercise**  
10:15 - 11:15 **Bootcamp**  
17:30 - 18:00 **Metafit**  
18:00 - 18:30 **CXWORX™**  
18:30 - 19:30 **Bootcamp**  
19:30 - 20:30 **Body Conditioning**

### Studio 2

06:05 - 06:50 **VIRTUAL RPM™**  
07:00 - 07:45 **VIRTUAL RPM™**  
09:15 - 09:45 **RPM™**  
09:45 - 10:15 **CXWORX™**  
12:15 - 12:45 **VIRTUAL RPM™**  
17:15 - 17:45 **VIRTUAL BODYBALANCE™**  
18:00 - 18:45 **RPM™**  
19:00 - 20:30 **Yoga**

### Pool

11:30 - 12:30 **Aqua Aerobics**

### Gym

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

## FRIDAY

### Studio 1

09:30 - 10:30 **Body Conditioning**  
10:30 - 11:30 **Step and Tone**  
16:00 - 17:00 **VIRTUAL BODYCOMBAT™**  
17:30 - 18:00 **Metafit**  
19:00 - 20:30 **Yoga**

### Studio 2

06:05 - 06:50 **VIRTUAL RPM™**  
07:00 - 07:30 **RPM™**  
09:15 - 10:00 **VIRTUAL RPM™**  
10:15 - 11:15 **Pilates**  
11:30 - 12:30 **Pilates**  
18:00 - 18:45 **RPM**  
19:00 - 19:35 **B:Matched**

### Pool

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

### Gym

06:30 - 07:00 **B:Strong**  
14:30 - 15:00 **B:Corefit**

## SATURDAY

### Studio 1

09:00 - 09:30 **Metafit**  
10:00 - 11:00 **BODYCOMBAT™**  
11:00 - 12:00 **BODYPUMP™**  
15:00 - 15:30 **VIRTUAL BODYCOMBAT™**  
17:00 - 18:00 **VIRTUAL SH'BAM™**  
18:00 - 18:30 **B:Corefit**  
19:00 - 20:00 **VIRTUAL BODYPUMP™**

### Studio 2

08:30 - 09:15 **VIRTUAL RPM™**  
09:30 - 10:15 **VIRTUAL BODYBALANCE™**  
11:30 - 12:30 **Pilates**  
14:00 - 14:30 **VIRTUAL CXWORX™**  
16:00 - 16:30 **VIRTUAL RPM™**  
17:30 - 18:00 **RPM™**

## SUNDAY

### Studio 1

09:00 - 09:45 **VIRTUAL SH'BAM™**  
09:45 - 10:15 **VIRTUAL BODYCOMBAT™**  
10:15 - 10:45 **VIRTUAL BODYPUMP™**  
11:00 - 12:30 **Yoga**  
13:00 - 13:30 **B:Corefit**

### Studio 2

09:30 - 10:15 **VIRTUAL RPM™**  
12:30 - 13:00 **RPM™**  
17:00 - 17:30 **RPM™**  
17:30 - 18:00 **CXWORX™**  
18:00 - 18:30 **VIRTUAL CXWORX™**

### Pool

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

### Gym

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



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

**Bannatyne**  
Health Club & Spa