

CLASSTIMETABLE WEYBRIDGE

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

09:30 - 10:30 **Body Pump**
12:30 - 13:00 **Virtual SH'BAM**
13:00 - 13:30 **Virtual CXworx**
18:30 - 19:30 **Body Pump**
19:30 - 20:30 **Body Attack - coming soon**

Studio 2

09:30 - 10:15 **Clubbercise**
10:30 - 11:25 **Pilates**
11:30 - 12:30 **Pilates**
12:45 - 14:00 **Yoga**
18:30 - 19:15 **Tabata**
19:30 - 20:15 **Pilates**
20:15 - 21:00 **Body Balance**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **Virtual RPM**
13:00 - 13:30 **Virtual RPM**
19:30 - 20:15 **Group Cycle**

Indoor Rig

07:30 - 08:00 **B:Conditioned**
12:00 - 12:30 **B:Corefit**

Pool

10:35 - 11:20 **Aqua**

TUESDAY

Studio 1

09:30 - 10:30 **Fight Klub**
18:00 - 19:00 **Get Lifting**
19:15 - 20:15 **Fight Klub**

Studio 2

09:40 - 10:25 **Dance Fit**
10:30 - 11:30 **Body Balance**
11:30 - 12:30 **Pilates**
20:15 - 21:30 **Yoga**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:15 - 10:00 **Group Cycle**
12:00 - 12:30 **Virtual RPM**
13:00 - 13:30 **Virtual RPM**
18:30 - 19:15 **Group Cycle**

Indoor Rig

07:30 - 08:00 **B:Conditioned**
18:30 - 19:00 **B:Conditioned**

Pool

11:00 - 11:40 **Aqua**

WEDNESDAY

Studio 1

09:30 - 10:30 **Body Pump**
10:30 - 11:15 **Body Conditioning**
13:45 - 14:15 **Virtual Body Balance**
18:30 - 19:30 **Body Attack**
19:30 - 20:30 **Body Pump**

Studio 2

09:30 - 10:15 **Pilates**
10:30 - 11:30 **Pilates**
11:30 - 12:45 **Yoga**
18:45 - 19:45 **Body Balance**

Spin Studio

10:00 - 10:45 **Group Cycle**
12:00 - 12:30 **Virtual RPM**
13:00 - 13:30 **Virtual RPM**
19:00 - 19:45 **Group Cycle**

Indoor Rig

06:30 - 07:00 **B:Corefit**
07:30 - 08:00 **B:Strong**
18:30 - 19:00 **B:Conditioned**

Pool

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

THURSDAY

Studio 1

09:45 - 10:45 **Fight Klub**
11:30 - 12:30 **Body Pump**
19:30 - 20:30 **Fight Klub**

Studio 2

09:30 - 10:15 **Pilates**
10:45 - 11:45 **Pilates**
18:30 - 19:30 **Yoga**

Spin Studio

06:15 - 06:45 **Group Cycle**
09:15 - 10:00 **Group Cycle**
12:00 - 12:30 **Virtual RPM**
13:00 - 13:30 **Virtual RPM**
18:30 - 19:15 **Group Cycle**

Indoor Rig

07:30 - 08:00 **B:Corefit**
18:45 - 19:15 **B:Conditioned**

Pool

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

FRIDAY

Studio 1

09:30 - 10:30 **Body Pump**
10:30 - 11:30 **Body Combat**
11:45 - 12:30 **Nice & Easy**
18:45 - 19:45 **Virtual Body Pump**

Studio 2

09:30 - 10:15 **Pilates**
10:30 - 11:30 **Body Balance**
11:30 - 12:45 **Yoga**

Spin Studio

06:45 - 07:30 **Group Cycle**
09:30 - 10:15 **Group Cycle**
12:00 - 12:30 **Virtual RPM**
13:00 - 13:30 **Virtual RPM**

Indoor Rig

07:30 - 08:00 **B:Conditioned**
10:30 - 10:00 **B:Corefit**

Pool

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

SATURDAY

Studio 1

09:00 - 09:45 **Body Attack**
10:00 - 11:00 **Body Pump**

Studio 2

11:00 - 12:00 **Body Balance**

Spin Studio

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

Indoor Rig

10:00 - 10:30 **B:Conditioned**
10:45 - 11:15 **B:Corefit**

SUNDAY

Studio 1

09:00 - 09:30 **Tabata**

Studio 2

09:30 - 10:45 **Yoga**
17:00 - 18:00 **Body Balance**
18:00 - 19:15 **Yoga - starting 15th March**

Spin Studio

09:30 - 10:15 **Group Cycle**
10:30 - 11:00 **Group Cycle**

Indoor Rig

09:45 - 10:15 **B:Strong**



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

Bannatyne
Health Club & Spa