

CLASSTIMETABLE HASTINGS

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio 1 08:15 - 09:15 Yoga 09:30 - 10:15 LES MILLS Virtual BODYPUMP™ 10:30 - 11:15 Step & Tone 12:00 - 12:50 Young At Heart 13:00 - 14:00 Zumba Gold 14:30 - 15:30 Beginner's Yoga 18:00 - 18:45 BODYCOMBAT™ 18:45 - 19:40 BODYATTACK™ 19:45 - 20:40 BODYPUMP™ Studio 2 09:30 - 10:25 Pilates 10:30 - 12:00 Tai Chi 12:15 - 13:15 Pilates 13:15 - 14:00 Yoga Flow 18:30 - 19:30 Yoga Cycling Studio 06:30 - 07:15 Group Cycling 10:45 - 11:30 Group Cycling 18:30 - 19:15 Group Cycling Gym Floor 10:00 - 10:30 B:conditioned 19:15 - 19:45 B:core-fit Pool 11:15 - 12:00 Aqua Aerobics	Studio 1 06:30 - 07:15 Bootcamp 08:15 - 09:25 Yoga 09:30 - 10:25 LBT 10:30 - 11:15 Total Body Conditioning 11:30 - 12:30 Zumba 12:30 - 13:15 LES MILLS Virtual BODYCOMBAT™ 13:30 - 14:15 LES MILLS Virtual BODYPUMP™ 17:30 - 18:00 LES MILLS Virtual CX WORX™ 18:00 - 18:45 BODYATTACK™ 19:00 - 19:45 Bootcamp Studio 2 08:30 - 09:25 Pilates 09:30 - 10:25 Pilates 10:30 - 11:15 Pilates 11:30 - 12:30 Stretch & Tone 12:50 - 14:00 Fitness Yoga 17:30 - 18:30 Pilates 18:30 - 19:25 BODYBALANCE™ Cycling Studio 09:30 - 10:15 RPM™ 18:00 - 18:45 B:matched 18:45 - 19:30 RPM™ Gym Floor 09:30 - 10:00 B:conditioned 10:00 - 10:30 B:core-fit Pool 10:30 - 11:15 Aqua Aerobics	Studio 1 06:30 - 07:15 BODYPUMP™ 09:30 - 10:25 BODYATTACK™ 10:30 - 11:25 BODYPUMP™ 13:30 - 18:15 LES MILLS Virtual BODYCOMBAT™ 18:30 - 19:30 Strong By Zumba 19:30 - 20:25 BODYPUMP™ Studio 2 08:30 - 09:30 Yoga 09:30 - 10:25 Pilates 10:30 - 11:25 Pilates 11:30 - 12:25 Fitball 12:30 - 13:45 Beginner's Yoga 17:30 - 18:25 Advanced Yoga 19:00 - 19:55 Pilates 20:00 - 21:15 Yoga Cycling Studio 06:45 - 07:30 Group Cycling 08:15 - 09:00 B:matched 10:30 - 11:15 RPM™ 18:30 - 19:30 Group Cycling & Abs Gym Floor 09:30 - 10:00 B:conditioned 17:45 - 18:15 B:strong Pool 11:45 - 12:30 Aqua Aerobics	Studio 1 06:30 - 07:15 Bootcamp 09:30 - 10:30 Strong By Zumba 10:30 - 11:15 Kettlebells 11:30 - 12:25 BODYBALANCE™ 12:45 - 13:30 Young At Heart 17:45 - 18:30 BODYATTACK™ 18:30 - 19:25 BODYPUMP™ 19:30 - 20:00 Les Mills Virtual CX WORX™ Studio 2 08:30 - 09:25 Pilates 09:30 - 10:25 Pilates 10:30 - 11:25 Yoga 12:00 - 12:45 Pilates 13:00 - 14:15 Yoga 14:30 - 16:00 Tai Chi 18:30 - 19:25 BODYBALANCE™ Cycling Studio 07:15 - 08:00 B:matched 09:30 - 10:15 RPM™ 17:45 - 18:30 Group Cycling Gym Floor 09:30 - 10:00 B:conditioned 18:30 - 19:00 B:core-fit Pool 11:45 - 12:30 Aqua Aerobics	Studio 1 07:00 - 07:30 Bootcamp 08:30 - 09:25 Advanced Yoga 09:30 - 10:25 BODYCOMBAT™ 10:30 - 11:25 BODYPUMP™ 11:30 - 12:15 BODYATTACK™ 13:00 - 13:45 LES MILLS Virtual SH'BAM™ 18:30 - 19:25 BODYCOMBAT™ 19:30 - 20:00 Les Mills Virtual CX WORX™ Studio 2 09:30 - 10:25 Yoga 10:30 - 11:25 Yoga 11:45 - 12:30 Pilates 12:30 - 13:30 Pilates 17:30 - 18:25 Pilates Cycling Studio 06:30 - 07:00 Group Cycling 09:45 - 10:30 Group Cycling 17:30 - 18:15 B:matched Gym Floor 09:00 - 09:30 B:conditioned 18:15 - 18:45 B:core-fit Pool 11:00 - 11:45 Aqua Aerobics	Studio 1 08:30 - 09:25 Zumba 09:30 - 10:25 BODYPUMP™ 10:30 - 11:25 BODYCOMBAT™ 11:30 - 12:00 LES MILLS Virtual CX WORX™ 18:00 - 18:45 LES MILLS Virtual BODYPUMP™ Studio 2 09:00 - 10:00 Beginner's Yoga 10:00 - 11:00 Yoga Cycling Studio 08:30 - 09:15 RPM™ 10:30 - 11:15 Group Cycling Gym Floor 09:15 - 09:45 B:conditioned 09:45 - 10:15 B:core-fit Pool 10:45 - 11:30 Aqua Aerobics SUNDAY Studio 1 09:30 - 10:25 BODYPUMP™ 10:30 - 11:15 BODYCOMBAT™ 11:15 - 11:45 LES MILLS Virtual CX WORX™ 18:00 - 19:00 LES MILLS Virtual BODYBALANCE™ Studio 2 10:30 - 11:25 BODYBALANCE™ Cycling Studio 08:15 - 09:00 RPM™ Gym Floor 09:00 - 09:30 B:conditioned 09:30 - 10:00 B:strong



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

Bannatyne
Health Club & Spa