

studio timetable 2018

Full studio classes - free to premier members, or available as pay-as-you-go classes for other membership types



fastclasses

Free group exercise in the gym for all members - perfect to add into your gym routine!

new!

monday

Virtual	06.45 - 07.15	---	Virtual Interval Blast
Virtual	09.30 - 10.00	---	Virtual Piloxing
Two	10.00 - 11.00	Rachael	BODYPUMP™
Three	10.15 - 11.00	Elaine	Pilates (Beginners)
Two	11.10 - 11.55	Mandy	Zumba®
Two	12.15 - 12.45	Nik	HiIT
Virtual	13.00 - 13.30	Nik	Live Pedal Power
Two	14.00 - 14.45	Janice	DanZe-IT NEW!
Evolve	14.00 - 15.00	Louise	Circuits (Easy)
Three	14.00 - 15.00	Sue	Senior Line Dancing
Two	17.30 - 18.30	Jon	Sculpt Xtreme
One	17.30 - 18.30	Elaine	BODYBALANCE™
Three	17.30 - 18.30	Sarah O	Tums, Bums & Thighs
Virtual	18.00 - 18.50	Nik	Live Pedal Power
Two	18.35 - 19.35	Nicki	BODYPUMP™
Three	18.35 - 19.25	Sarah O	Bootcamp
One	18.35 - 19.35	Elaine	Yoga
Virtual	19.00 - 19.50	Nik	Live Pedal Power
AR*	19.00 - 20.00	Kieth	Circuits
Three	19.30 - 20.30	Tatjana	BodyART®
Two	19.45 - 20.45	Nicki	BODYCOMBAT™

tuesday

Virtual	07.00 - 07.50	Craig	Live Pedal Power
Virtual	09.15 - 09.50	---	Virtual Zumba®
Two	09.45 - 10.45	Nicki	Tums, Bums & Thighs
Three	10.00 - 10.45	Tatjana	Pilates
Three	11.00 - 12.00	Tatjana	Pilates
Pool	11.05 - 11.50	Denis	Aquafit
Three	12.10 - 13.00	Tatjana	BodyART®
Two	12.30 - 13.00	Nicki	GRIT™
Virtual	13.15 - 14.10	---	Virtual Pedal Revolution
Three	17.30 - 18.30	Maryon	BODYCOMBAT™
Two	17.30 - 18.30	Nik	BODYMAX NEW!
One	17.40 - 18.30	Nicki	Barre Fusion
Virtual	17.40 - 18.30	Neil	Live Pedal Power
Two	18.35 - 19.35	Jade	Zumba®
Three	18.40 - 19.40	Jon	Boxing Circuit
Virtual	18.45 - 19.35	Nik	Live Pedal Power
Two	19.45 - 20.45	Nicki	BODYPUMP™
Evolve	19.45 - 21.00	Pete	Circuits

wednesday

Virtual	10.00 - 10.45	Nik	Live Pedal Power
Three	10.55 - 11.55	Sarah C	BODYBALANCE™
Evolve	11.00 - 11.55	Denis	Circuits (Easy)
Two	11.00 - 12.00	Janice	Pilates
Two	12.10 - 12.55	Maryon	BODYPUMP NEW!
Virtual	12.45 - 13.15	Sarah O	Live Pedal Power
Evolve	14.00 - 15.00	Nik	Circuits (Easy)
Three	17.30 - 18.30	Rachael	BODYATTACK™
Two	17.30 - 18.30	Nik	CrossTrainFit
Virtual	17.45 - 18.30	Tatjana	Live Pedal Power
One	17.45 - 18.35	Barbora	Tums, Bums & Thighs
Two	18.35 - 19.30	Keith	Sculpt Xtreme
Three	18.35 - 19.35	Rachael	BODYCOMBAT™
One	18.45 - 19.30	Barbora	Pilates
Virtual	18.45 - 19.35	Trace	Live Pedal Power
Three	19.40 - 20.40	Jade	DanZe-IT
One	19.40 - 20.40	Tatjana	Pilates
Evolve	19.45 - 20.30	Craig	Circuits

thursday

Virtual	06.45 - 07.45	---	Virtual Pedal
Three	07.00 - 07.50	Tatjana	BodyART®
Two	09.45 - 10.45	Sarah	Bootcamp
Three	10.00 - 11.00	Sue	Line Dancing (Beginners)
One	10.00 - 11.00	Elaine	Yoga
Virtual	10.30 - 11:30	---	Virtual CycleRIDE
Two	11.00 - 11.45	Nicki	DanZe-IT
Three	11.00 - 12.00	Sue	Line Dancing (Beginners)
Two	13.00 - 13.30	Nicki	LesMills GRIT™
Three	13.00 - 13.45	Jan	Lo-Impact Aerobics
Pool	14.00 - 14.45	Louise	AquaFit
Two	17.30 - 18.30	Elaine	BODYBALANCE™
Virtual	17.40 - 18.25	Dave	Live Pedal Power
Three	17.45 - 18.35	Barbora	DanZe-IT
Two	18.35 - 19.35	Natalie	Sculpt Xtreme
One	18.40 - 19.40	Elaine	Yoga
Three	18.40 - 19.30	Jon	Boxing Circuits
Virtual	18.40 - 19.30	Maryon	Live Pedal Power
Pool	19.15 - 20.00	Nik	Aquafit
Two	19.40 - 20.40	Maryon	BODYPUMP™
Three	19.45 - 20.35	Nicki	Barre Fusion
Evolve	19.45 - 21.00	Mike	Circuits

friday

Three	07.00 - 07.45	Nik	CrossTrainFit
Virtual	09.30 - 09.55	---	Virtual Piloxing
Two	10.15 - 11.00	Elaine	Pilates
Three	10.30 - 11.30	Mandy	Zumba®
Three	11.35 - 12.35	Mandy	Yoga
Two	12.30 - 13.00	Nicola	Ab Blast
Virtual	13.00 - 13.40	Tanjana	Live Pedal Power
Evolve	14.00 - 15.00	Bernie	Circuits (Easy)
Virtual	17.00 - 17.25	---	Virtual Piyo
Three	17.30 - 18.30	Jason	BODYCOMBAT™
Virtual	18.35 - 19.25	Trace	Live Pedal Power

Studio Locations	
Studio One:	Floor 2 (Near Main Hall)
Studio Two:	Evolve Gym Upper Level
Studio Three:	Floor 4 (Next to Virtual Studio)
Virtual Studio:	Floor 4 (Next to Studio Three)
Activities (AR*):	Floor 1 (Near Rendezvous Café)
Evolve:	Upper Floor Mezzanine

Classes can be booked at Reception or on our online booking portal at mybst.org/basingstoke. Alternatively, call us on 01256 326331.

saturday

Three	09.00 - 10.00	SC/NB	Step!
Two	10.00 - 11.00	Sarah C	BODYBALANCE™
Three	10.05 - 11.05	Rachael	BODYATTACK™
Virtual	10.10 - 11.00	Maryon	Live Pedal Power
Evolve	11.00 - 12.00	Jon	Circuits (Intense)
Virtual	11.10 - 12.00	Maryon	Live Pedal Power
Two	11.10 - 12.10	Rachael	BODYPUMP™
Virtual	12.45 - 13.15	---	Virtual Piloxing

sunday

Virtual	09.00 - 09.50	Craig	Live Pedal Power
One	09.30 - 10.30	Sarah	BODYBALANCE™
Virtual	10.00 - 10.50	Craig	Live Pedal Power
Three	10.00 - 11.00	Nick	BODYATTACK™
Two	10.15 - 11.00	Jade	DanZe-IT
One	11.00 - 12.00	Tatjana	Pilates (Intermediate)
Virtual	11.15 - 11.40	---	Virtual Yoga
Two	11.15 - 12.15	Nicki	BODYPUMP™

Monday

Shape	09.00 - 09.15	Cardio Interval
Shape	11.00 - 11.15	Circuits
Shape	15.00 - 15.15	Stretch
Shape	19.00 - 19.15	Bodyweight HiIT

Tuesday

Shape	09.00 - 09.15	Total Core
Shape	11.00 - 11.15	Circuits
Shape	15.00 - 15.15	Stretch
Shape	19.00 - 19.15	Bodyweight HiIT

Wednesday

Shape	09.00 - 09.15	Bodyweight HiIT
Shape	11.00 - 11.15	Stretch/Foam Roll
Shape	15.00 - 15.15	Circuits
Shape	19.00 - 19.15	Total Core

Thursday

Shape	09.00 - 09.15	Total Core
Shape	11.00 - 11.15	Circuits
Shape	15.00 - 15.15	Bodyweight HiIT
Shape	19.00 - 19.15	Circuits

Friday

Shape	09.00 - 09.15	Circuits
Shape	11.00 - 11.15	Bodyweight HiIT
Shape	15.00 - 15.15	Total Core
Shape	19.00 - 19.15	Stretch

Saturday

Shape	10.00 - 10.15	Bodyweight HiIT
Shape	12.00 - 12.15	Stretch

Sunday

Shape	10.00 - 10.15	Circuits
Shape	12.00 - 12.15	Stretch

Monday

Evolve	09.00 - 09.15	Cardio Interval
Evolve	11.00 - 11.15	Total Core
Evolve	15.00 - 15.15	Functional Rig
Evolve	19.00 - 19.15	Stretch

Tuesday

Evolve	09.00 - 09.15	Functional Rig
Evolve	11.00 - 11.15	Functional Circuits
Evolve	15.00 - 15.15	Bodyweight HiIT
Evolve	19.00 - 19.15	Cardio Interval

Wednesday

Evolve	09.00 - 09.15	REPS Weight Circuit
Evolve	11.00 - 11.15	Functional Rig
Evolve	15.00 - 15.15	Bodyweight HiIT
Evolve	19.00 - 19.15	Total Core

Thursday

Evolve	09.00 - 09.15	Bodyweight HiIT
Evolve	11.00 - 11.15	Cardio Interval
Evolve	15.00 - 15.15	Functional Rig
Evolve	19.00 - 19.15	Stretch

Friday

Evolve	09.00 - 09.15	Stretch
Evolve	11.00 - 11.15	Cardio Interval
Evolve	15.00 - 15.15	REPS Weight Circuit
Evolve	19.00 - 19.15	Functional Circuit

Saturday

Evolve	10.00 - 10.15	Functional Circuit
Evolve	12.00 - 12.15	Cardio Interval

Sunday

Evolve	10.00 - 10.15	Cardio Interval
Evolve	12.00 - 12.15	Functional Rig
Evolve	16.00 - 16.15	Functional Circuits

AbBlast: Develop those core muscles in short classes designed to bring the burn to your abdominal area!

Aquafit: Wobble up, we're hitting the pool! Aquafit uses water for resistance training, which has very little impact on your joints.

Barre Fusion: This class combines high repetitions with small, controlled movements and deep relaxing stretches using the Ballet Barre.

BodyArt®: This class connects strength, flexibility and balance whilst improving stability, co-ordination, wellbeing and posture.

BODYATTACK™: This class combines athletic exercises like running, lunging and jumping with strength moves such as push-ups and squats. Burn up to 730kcal/hour!

BODYBALANCE™: This yoga based class is suitable for everyone, and will improve your mind, body and your life!

BODYCOMBAT™: This fiercely energetic programme is inspired by mixing martial arts and it's a great way to unleash yourself and increase stamina!

BODYPUMP™: Using light to moderate weights with lots of repetitions, this class will give you a fantastic full-body workout!

Burn up to 590kcal/hour!

Bootcamp: Bringing the gym workout to the studio - bootcamp provides non-stop intervals of functional training. Join in our earlybird sessions too!

Circuits: Easy, Intense and Boxing circuits, delivering your daily dose of HiIT fitness!

CrossTrainFit: Cross Training Fitness is suitable for all levels of fitness and will combine strength, CV, Core, HiIT and endurance work.

DanZe-IT: Bust some moves and dance your way to fitness with this enjoyable cardio class.

Virtual Pedal: A new pedal experience in our Virtual Studio!

Les Mills GRIT™: High Intensity Interval Training workouts with Les Mills GRIT™ can take your fitness to the next level. You'll be addicted to the results!

Line Dancing: YeeHaw! An American-style line dancing class specifically targeted at seniors and beginners.

Lo-impact aerobics: A class designed for all levels of ability. This class increases your aerobic fitness with moves to help strengthen your body.

Pedal Power Live: This indoor pedal class takes place in our Virtual Studio. With the motivation of our brilliant pedal

instructors, you can burn up to 550kcal/hour!

Pilates: This is a mat based class, which focuses on correct alignment, posture and breathing. This class is highly recommended for customers experiencing back issues.

Sculpt Xtreme: Strengthen and tone your body in this fusion class.

Step!: Our step aerobics class will burn fat in a fun way and make you hungry for more!

Tums, Bums & Thighs: This low impact class focuses on the typical problem areas and is suitable for all levels of fitness.

Virtual Interval Blast: HiIT training in the Virtual Studio.

Virtual Piloxing: Piloxing combines pilates and boxing moves in a high spirited interval workout.

Virtual Piyo: Piyo will work every muscle by incorporating moves from Pilates and Yoga. It's low impact but higher intensity!

Yoga: Develop your body and mind with our yoga classes. Practice postures, breathing and relaxation to develop suppleness, strength and stamina.

Zumba®: Ditch the workout, join the party!