

Studio

T I M E T A B L E

2019



MONDAY

Virtual	06.45 - 07.15	Virtual Interval Blast
Virtual	09.30 - 10.00	Virtual Piloxing
Two	10.00 - 11.00	BODYPUMP™
Three	10.15 - 11.00	Pilates (Beginners)
Two	11.10 - 11.55	Zumba®
Two	12.15 - 12.45	HiiT
Virtual	13.00 - 13.30	Live Pedal Power
Two	14.00 - 14.45	DanZe-IT (Easy)
Evolve	14.00 - 15.00	Circuits (Easy)
Three	14.00 - 15.00	Line Dancing (Intermediate)
Two	17.30 - 18.20	Sculpt Xtreme
One	17.30 - 18.30	BODYBALANCE™
Three	17.30 - 18.30	Tums, Bums & Thighs
Virtual	18.00 - 18.50	Live Pedal Power
Two	18.40 - 19.40	BODYPUMP™
Three	18.35 - 19.25	Bootcamp
One	18.35 - 19.35	Yoga
Virtual	19.00 - 19.50	Live Pedal Power
AR*	19.00 - 20.00	Circuits
Three	19.30 - 20.30	BodyART®
Two	19.45 - 20.45	BODYCOMBAT™

TUESDAY

Virtual	07.00 - 07.50	Live Pedal Power
Virtual	09.15 - 09.50	Virtual Zumba®
Two	09.45 - 10.45	Tums, Bums & Thighs
Three	10.00 - 10.45	Pilates
Three	11.00 - 12.00	Pilates
Pool	11.05 - 11.50	Aquafit
Three	12.10 - 13.00	BodyART®
Virtual	13.15 - 14.10	Virtual Pedal: Revolution
Three	17.30 - 18.30	BODYCOMBAT™
Two	17.30 - 18.30	Body Max
One	17.40 - 18.30	Barre Fusion
Virtual	17.40 - 18.30	Live Pedal Power
Two	18.35 - 19.35	Zumba®
Three	18.40 - 19.40	Boxing Circuit
Virtual	18.45 - 19.35	Live Pedal Power
Two	19.45 - 20.45	BODYPUMP™
Evolve	19.45 - 21.00	Circuits

WEDNESDAY

Virtual	10.00 - 10.45	Live Pedal Power
Three	10.55 - 11.55	BODYBALANCE™
Evolve	11.00 - 11.55	Circuits (Easy)
Two	11.00 - 12.00	Pilates
Two	12.10 - 12.55	BODYPUMP™
Evolve	14.00 - 15.00	Circuits (Easy)
Three	17.30 - 18.30	BODYATTACK™
Two	17.30 - 18.30	Cross Train Fit
Virtual	17.45 - 18.30	Live Pedal Power
One	17.45 - 18.35	Tums, Bums & Thighs
Two	18.35 - 19.30	Sculpt Xtreme
Three	18.35 - 19.35	BODYCOMBAT™
One	18.45 - 19.30	Pilates
Virtual	18.45 - 19.35	Live Pedal Power
Three	19.40 - 20.40	DanZe-IT
One	19.40 - 20.40	Pilates
Evolve	19.45 - 20.30	Circuits

THURSDAY

Virtual	06.45 - 07.45	Virtual Pedal
Two	09.45 - 10.45	Bootcamp
Three	10.00 - 11.00	Line Dancing (Beginners)
One	10.00 - 11.00	Yoga
Virtual	10.30 - 11:30	Virtual Pedal: CycleRIDE
Two	11.00 - 11.45	DanZe-IT
Three	11.00 - 12.00	Line Dancing (Intermediate)
Three	13.00 - 13.45	Lo-Impact Aerobics
Pool	14.00 - 14.45	AquaFit
Two	17.30 - 18.30	BODYBALANCE™
Virtual	17.40 - 18.25	Live Pedal Power
Three	17.45 - 18.35	DanZe-IT
Two	18.35 - 19.35	Sculpt Xtreme
One	18.40 - 19.40	Yoga
Virtual	18.40 - 19.30	Live Pedal Power
Pool	19.15 - 20.00	Aquafit
Two	19.40 - 20.40	BODYPUMP™
Three	19.15 - 20.05	Barre Fusion
Evolve	19.45 - 21.00	Circuits

FRIDAY

Three	07.00 - 07.45	Cross Train Fit
Virtual	09.30 - 09.55	Virtual Piloxing
Three	09.30 - 10.25	NEW Step!
Two	10.15 - 11.15	Pilates
Three	10.30 - 11.30	Zumba®
Three	11.35 - 12.35	Yoga
Two	12.30 - 13.00	Ab Blast
Virtual	13.00 - 13.40	Live Pedal Power
Evolve	14.00 - 15.00	Circuits (Easy)
Virtual	17.00 - 17.25	Virtual Piyo
Three	17.30 - 18.30	BODYCOMBAT™
Two	17.30 - 18.30	NEW BodyMAX
Virtual	18.35 - 19.25	Live Pedal Power

SATURDAY

Three	09.00 - 10.00	Step!
Two	10.00 - 11.00	BODYBALANCE™
Three	10.05 - 11.05	BODYATTACK™
Virtual	10.10 - 11.00	Live Pedal Power
Evolve	11.00 - 12.00	Circuits (Intense)
Virtual	11.10 - 12.00	Live Pedal Power
Two	11.10 - 12.10	BODYPUMP™
Virtual	12.15 - 12.45	Virtual Piloxing

SUNDAY

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

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)
Activity Room (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.

fastclasses

New!

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

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

Please note that for health and safety reasons, we require you to be on time for the beginning of the class and wearing suitable clothing. Please refer to the gym and class etiquette signage for more information. Live Class bookings can be taken at Reception, over the phone or on our booking portal at mybst.org/basingstoke. Fast classes and Virtual Classes do not need booking. The information in this timetable was correct at the time of printing. We strive to be as accurate as possible within our literature, but some alterations may occur before we can update our leaflets. Please view the digital timetable screen outside the Sports Hall for live updates.

Look out for our Class Descriptions leaflet in-club and online!



01256 326331

mybst.org/basingstoke

