

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	Pilates
Virtual	13.15 - 14.10	Virtual Pedal: Revolution
Three	17.30 - 18.30	BODYCOMBAT™
Two	17.30 - 18.30	Bootcamp
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

Two	06.45 - 07.30	Tums, Bums & Thighs (Adv.)
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
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	Cross train Fit
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 - 18.45	DanZe-IT with weights
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	19.30 - 20.30	Circuits

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

Friday

Two	07.00 - 07.45	Cross Train Fit
Virtual	09.30 - 09.55	Virtual Piloxing
Three	09.30 - 10.25	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	BodyMax
Virtual	18.35 - 19.25	Live Pedal Power

Saturday

Three	09.00 - 10.00	BODYATTACK™
Two	10.10 - 11.10	BODYPUMP™
Three	10.10 - 11.10	Step!
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	BODYBALANCE™

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 Sports 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:	Floor 1 (Near Customer Lounge)
Evolve:	Upper Floor Mezzanine