

studiotimetable 2018

LES MILLS
BODYATTACK

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

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	Zumba@ (Easy)
Evolve	14.00 - 15.00	Circuits (Easy)
Three	14.00 - 15.00	Senior Line Dancing
Two	17.30 - 18.30	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	18.35 - 19.35	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™

thursday

Virtual	06.45 - 07.45	Virtual Pedal
Three	07.00 - 07.50	BodyART@
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 (Beginners)
Two	13.00 - 13.30	LesMills GRIT™
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
Three	18.40 - 19.30	Boxing Circuits
Virtual	18.40 - 19.30	Live Pedal Power
Pool	19.15 - 20.00	AquaFit
Two	19.40 - 20.40	BODYPUMP™
Three	19.45 - 20.35	Barre Fusion
Evolve	19.45 - 21.00	Circuits

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@
Two	12.30 - 13.00	GRIT™
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

friday

Three	07.00 - 07.45	Bootcamp
Virtual	09.30 - 09.55	Virtual Piloxing
Two	10.15 - 11.00	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™
Virtual	18.35 - 19.25	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.

wednesday

Two	06.35 - 07.15	Earlybird Bootcamp
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	12.05 - 12.35	HiiT Circuit
Virtual	12.45 - 13.15	Live Pedal Power
Evolve	14.00 - 15.00	Circuits (Easy)
Three	17.30 - 18.30	BODYATTACK™
Two	17.30 - 18.30	Bootcamp
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

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	12.45 - 13.15	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™

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!

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!



500+ CLASSES ONDEMAND

Fitness on Your Terms!

The brand new Virtual Studio has been created specifically for On-Demand classes outside of scheduled and live class sessions.

The best bit - On-Demand classes are FREE to all* members!

Please ensure you warm up and stretch properly before you start an on-demand class.

Want to see some more regularly scheduled virtual classes? Email Sophie.Hughes@mybst.org

*except those on Cancer & Cardiac Rehabilitation memberships.

