

Studio Timetable

Monday

Pilates Beginners	10:00 - 11:00	1	Elaine
Body Pump	10:00 - 11:00	2	Rachael
Easy Circuits	11:00 - 12:00	Mezz	Nik T
Danze-IT	11:15 - 12:15	2	Nicki B
Pedal Power	12:15 - 13:00	vs	Nik T
Line Dancing	13:00 - 13:55	3	Sue
Line Dancing	14:00 - 14:55	3	Sue
Body Balance	17:30 - 18:30	1	Elaine
Body Pump	17:30 - 18:30	2	Nicki B
Pedal Power	18:00 - 18:50	vs	Nik T
Yoga	18:35 - 19:35	1	Elaine
Body Attack	18:45 - 19:45	3	Alex
Pedal Power	19:00 - 19:50	vs	Nik T
AquaFit	20:05 - 20:50	Pool	Nik T

Tuesday

Pedal Power	07:00 - 07:50	vs	Craig
Tums, bums and thighs	09:45 - 10:45	3	Nicki B
Body Max	09:45 - 10:45	2	Nik T
Pilates	10:00 - 11:00	1	Elaine
AquaFit	11:05 - 11:50	Pool	Nik T
Pilates	11:15 - 12:15	1	Tatjana
HIIT Max	17:30 - 18:30	2	Nik T
Pedal Power	17:40 - 18:30	vs	Neil
Pilates	18:30 - 19:30	1	Tatjana
Pedal Power	18:40 - 19:30	vs	Nik T
Body Pump	18:40 - 19:40	2	Nicki B

Wednesday

Pedal Power	10:00 - 10:50	vs	Nik T
Pilates	11:15 - 12:15	3	Tatjana
Easy Circuits	14:00 - 15:00	Mezz	Nik T
Body Attack	17:30 - 18:30	3	Rachael
Pedal Power	17:45 - 18:30	vs	Tatjana
Tums, bums and thighs	17:45 - 18:45	2	Barbora
Body Combat	18:40 - 19:40	3	Rachael
Pilates	18:50 - 19:50	1	Barbora
Zumba	18:50 - 19:50	2	Sarah C
Circuits	19:00 - 20:00	Mezz	Craig

Thursday

Line Dancing	10:00 - 10:55	3	Sue
Body Max	10:00 - 11:00	2	Nik T
Yoga	10:00 - 11:00	1	Elaine
Line Dancing	11:00 - 11:55	3	Sue
Danze-IT	11:15 - 12:15	2	Nicki B
AquaFit	14:00 - 14:45	Pool	Nik T
HIIT Max	17:30 - 18:30	2	Nik T
Body Balance	17:30 - 18:30	3	Elaine
Pedal Power	18:35 - 19:25	vs	Tatjana
Body Pump	18:35 - 19:35	2	Maryon
Yoga	18:45 - 19:45	1	Elaine

Friday

Pedal Power	07:00 - 07:50	vs	Nik T
Step	09:30 - 10:30	3	Nicki B
Danze-IT	10:40 - 11:40	3	Nicki B
Pilates	13:00 - 14:00	3	Tatjana
Easy Circuits	14:00 - 15:00	Mezz	Nik T
Sculpt Xtreme	17:35 - 18:35	2	Natalie

Saturday

Body Attack	08:00 - 09:00	3	Rachael
Body Pump	09:05 - 10:05	2	Rachael
Step	09:05 - 10:05	3	Nicki B
Pedal Power	09:15 - 10:05	vs	Tatjana
Body Balance	10:15 - 11:15	2	Rachael

Sunday

Pedal Power	09:00 - 09:50	vs	Craig
Body Balance	09:30 - 10:30	1	Sarah C
Pedal Power	10:00 - 10:50	vs	Craig
Body Attack	10:00 - 11:00	3	Giorgio
Danze-IT	10:00 - 11:00	2	Nicki B
Body Pump	11:15 - 12:15	2	Nicki B
Pilates Intermediate	11:15 - 12:15	1	Tatjana

Class Descriptions

- ② **AquaFit:** Wobble up, we're hitting the pool!
- Ⓛ AquaFit uses water for resistance training, which
- 😊 has very little impact on your joints.
- ⑤ **Body Attack:** This class combines athletic exercises like running, lunging and jumping with strength moves such as push-ups and squats. Burn up to 730kcal/hour!
- ② **Body Balance:** This yoga based class is suitable for everyone, and will improve your mind and body.
- ④ **Body Pump:** Using light to moderate weights with lots of repetitions, this class will give you a fantastic full-body workout! Burn up to 590kcal/hour!
- ⑤ **Body Combat:** This fiercely energetic programme is inspired by mixing martial arts, and it's a great way to unleash yourself and increase stamina!
- Ⓛ **Circuits:** A mixture of HIIT and weights exercises for a full body workout.
- ② **Danze-IT:** Bust some moves and dance your way to fitness with this enjoyable cardio class.
- Ⓛ **Easy Circuits:** A machine based class, where you work at your level to keep fit, active and moving. This class has no cardio and is very low impact.
- Ⓛ **HIIT Max:** Suitable for all levels, a resistance workout using dumbbells combined with cardio exercises.
- ① **Line Dancing:** YeeHaw! An American-style line dancing class specifically targeted at seniors and beginners.
- Ⓛ **Pilates:** This is a mat based class, which focuses on proper alignment, posture and breathing. This class is highly recommended for customers experiencing back issues.
- ④ **Pedal Power:** This indoor cycling class takes place in our Virtual Studio. With the motivation of our brilliant pedal instructors, you can burn up to 550kcal/hour!
- ④ **Sculpt Xtreme:** Strengthen and tone your body in this fusion class, using body weight, weights & barbells.
- ③ **Step:** Our step aerobics class will burn fat in a fun way and make you hungry for more!
- ② **Tums, Bums & Thighs:** This low impact class focuses on the typical problem areas and is suitable for all levels of fitness.
- Ⓛ **Yoga:** Develop your body and mind with our yoga classes. Practice postures, breathing and relaxation to develop suppleness, strength and stamina.
- ③ **Zumba:** Ditch the workout, join the party!



Book via the **bst App**
online at mybst.org
or at Reception **01256 326331**

Studio 2: Evolve Gym Upper Level
Studio 3: Floor 4 (Next to Virtual Studio)
VS (Virtual Studio): Floor 4 (Next to Studio 3)
Main Pool: Lower ground level -3



① → ⑤
LOW INTENSITY → VERY HIGH INTENSITY
Ⓛ → ⑤
VARIABLE INTENSITY → SENIOR & LOWER IMPACT
😊 → ⑤
SUITABLE FOR 11 YEARS UP

(11 - 13 YEAR OLDS MUST BE ACCOMPANIED BY AN ADULT)