

class descriptions

- ① **AbBlast:** Develop those core muscles in short classes designed to bring the burn to your abdominal area!
- ② **AquaFit:** Wobble up, we're hitting the pool!
AquaFit uses water for resistance training, which has very little impact on your joints.
- ③ **Barre Fusion:** This class combines high repetitions with small, controlled movements and deep relaxing stretches using the Ballet Barre.
- ⑤ **BodyArt@:** This class connects strength, flexibility and balance whilst improving stability, co-ordination, wellbeing and posture.
- ④ **BodyMax** Suitable for all levels, a resistance workout using dumbbells.
- ⑤ **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!
- ② **BODYBALANCE™:** This yoga based class is suitable for everyone, and will improve your mind and body.
- ⑤ **BODYCOMBAT™:** This fiercely energetic programme is inspired by mixing martial arts, and it's a great way to unleash yourself and increase stamina!
- ④ **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!
- ④ **Bootcamp:** Bringing the gym workout to the studio - bootcamp provides intervals of functional training.
- ④ **Circuits:** Easy, Intense and Boxing circuits, delivering your daily dose of fitness!
- ④ **Cross Train Fit:** Suitable for all levels of fitness and combines strength, CV, core, HiIT and endurance work.
- ② **DanZe-IT:** Bust some moves and dance your way to fitness with this enjoyable cardio class.
- ① **Line Dancing:** YeeHaw! An American-style line dancing class specifically targeted at seniors and beginners.
- ④ **LIVE 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!
- ① **Lo-impact aerobics:** A class designed for all levels of ability. This class increases your aerobic fitness with moves to help strengthen your body.
- ④ **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 **Sculpt Xtreme:** Strengthen and tone your body in this fusion class, using body weight, weights and 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.
- ④ **Virtual Interval Blast:** HiIT training in the Virtual Studio
- ③ **Virtual Pedal:** A new pedal experience in our Virtual Studio!
- ④ **Virtual Piloxing:** Piloxing combines pilates and boxing moves in a high spirited interval workout.
- ③ **Virtual Piyo:** Piyo will work every muscle by incorporating moves from Pilates and Yoga. It's low impact but higher intensity.
- ④ **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!

① → ⑤
LOW INTENSITY VERY HIGH INTENSITY

④ ⑤
SUITABLE FOR SENIOR & LOWER IMPACT

④ ⑤
SUITABLE FOR 11 YEARS UP

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

LES MILLS **BODYATTACK**
LES MILLS **BODYBALANCE**
LES MILLS **BODYCOMBAT**
LES MILLS **BODYPUMP**

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. 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


Studio



Timetable

19/20



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	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	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

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

Friday

Three	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	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™

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