

Studio Timetable 2020 From 14th September



Monday

Body Pump	09.50 - 10.50	3
Pilates Beginners	10:10 - 11:00	2
Body Max Easy	11:00 - 12:00	3
Zumba	11:10 - 12:00	2
Pedal	12:15 - 13.00	vs
Line Dancing	14:00 - 15:00	3
Body Balance	17:20 - 18:20	2
Body Pump	17:30 - 18:30	3
Pedal	18:00 - 18:50	vs
Yoga	18:30 - 19:30	2
Body Attack	18:45 - 19:45	3
Pedal	19:00 - 19:50	vs

Tuesday

Pedal	07:00 - 07:50	vs
Tums, bums and thighs	09:50 - 10:50	2
Aquafit	10:00 - 10:45	Main Pool
Pilates	10:10 - 11:00	3
Pilates	11:10 - 12:10	3
Body Max	17:40 - 18:40	3
Pedal	17:35 - 18:25	vs
Body Pump	18.50 - 19.50	3
Pedal	18:50 - 19:40	vs

Wednesday

Pedal	10:00 - 10:45	vs
Pilates	11:15 - 12:15	3
Body Max Easy	14:00 - 15:00	3
Body Attack	17:30 - 18:30	3
Pedal	17:45 - 18:30	vs
Tums, bums and thighs	18:40 - 19:40	2
Body Combat	18:40 - 19:40	3

Thursday

Body Max	09:00 - 09:50	3
Yoga	09:00 - 10:00	2
Line Dancing	10:00 - 10:45	3
Line Dancing	11:00 - 11:45	3
Pedal	12:30 - 13:15	vs
Aquafit	14:00 - 14:45	Main Pool
Body Max	17:25 - 18:25	3
Body Balance	17:30 - 18:30	2
Pedal	17:40 - 18:30	vs
Body Pump	18:35 - 19:35	3
Yoga	18:40 - 19:40	2

Friday

Pedal	07:00 - 07:45	vs
Step	09:30 - 10:30	2
Pilates	09:20 - 10:20	3
Zumba	10:30 - 11:30	3
Yoga	11:40 - 12:40	3
Body Max Easy	14:00 - 15:00	3
Body Combat	17:35 - 18:35	3

Saturday

Body Attack	08:00 - 08:55	3
Body Pump	09:05 - 10:05	3
Step	09:05 - 10:05	2
Body Balance	10:15 - 11:15	2
Pedal	10:10 - 11:00	vs

Sunday

Pedal	08:10 - 08:50	vs
Pedal	09:00 - 09:50	vs
Body Balance	09:40 - 10:40	2
Pedal	10:00 - 10:50	vs
Body Attack	10:05 - 11:05	3
Pilates Intermediate	11:10 - 12:10	2
Body Pump	11:15 - 12:15	3



ALL classes and activities must now be booked in advance.

www.mybst.org
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Studio Locations

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