

Studio Timetable 2020 Phase 1



Monday

Keiser Cycle	07:15 - 08:00
Body Pump	09:30 - 10:15
Lo- Impact Aerobics	11:00 - 11:45
Body Balance	12:30 - 13:15
Step n Cardio	17:15 - 17:45
Body Combat	18:00 - 18:45
Zumba	19:00 - 19:45

Tuesday

Body Pump	07:15 - 08:00
Zumba	09:30 - 10:15
Body Pump	10:45 - 11:30
Keiser Cycle	12:30 - 13:15
Step n Tone	17:15 - 18:00
Keiser Cycle	18:15 - 19:00

Wednesday

Keiser Cycle	07:15 - 08:00
Zumba	09:15 - 10:00
Yoga	10:30 - 11:15
Body Pump	12:30 - 13:15
Ab Attack	17:15 - 18:00
Keiser Cycle	18:15 - 19:00
Zumba	19:15 - 20:00

Thursday

Body Pump	07:15 - 08:00
Pilates	09:15 - 10:00
Step n Pump	11:00 - 11:45
Keiser Cycle	12:30 - 13:15
Step n Cardio	17:15 - 17:45
Body Combat	18:00 - 18:45

Friday

Keiser Cycle	07:15 - 08:00
Lo- Impact Aerobics	09:30 - 10:15
Keiser Cycle	10:30 - 11:15
Body Balance	11:30 - 12:15
Body Pump	12:30 - 13:15
Body Pump	17:55 - 18:40

Saturday

Keiser Cycle	08:10 - 08:55
Body Pump	09:15 - 10:00
Body Balance	10:15 - 11:00

Sunday

Body Combat	08:45 - 09:30
Pilates	10:00 - 10:45
Keiser Cycle	11:10 - 11:55
Body Pump	12:25 - 13:10
Body Balance	13:25 - 14:10



ALL classes and activities must now be booked in advance.
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