studio timetable

Basingstoke Sports Centre | April 1st 2017 (Issue 3)

01256 **326331**

mybst.org

monday

Studio	Time	Class
Two	10.00 - 11.00	BODYPUMP™
Three	10.15 - 11.00	Pilates *(Beginners)*
Two	11.10 - 11.55	Zumba®
Two	12.15 - 12.45	GRIT™
Pedal	13.00 - 13.30	Pedal Power
Two	14.00 - 14.45	Zumba® *(Easy)*
Gym	14.00 - 15.00	Circuits *(Easy)*
Three	14.00 - 15.00	Senior Line Dancing
Two	17.30 - 18.30	Sculpt X-treme
One	17.30 - 18.30	BODYBALANCE™
Three	17.30 - 18.30	Tums, Bums & Thighs
Pedal	18.00 - 18.50	Pedal Power
Two	18.35 - 19.35	BODYPUMP™
Three	18.35 - 19.25	Bootcamp
One	18.35 - 19.35	Yoga
Pedal	19.00 - 19.50	Pedal Power
Activities	19.00 - 20.00	Circuits
Three	19.30 - 20.30	BodyART
One	19.40 - 20.40	Pilates
Two	19.45 - 20.45	BODYCOMBAT™

tuesday

Studio	Time	Class
Pedal	07.00 - 07.50	Pedal Power
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™
Three	17.30 - 18.30	BODYCOMBAT™
Two	17.30 - 18.30	Bootcamp
One	17.40 - 18.30	Barre Fusion
Pedal	17.40 - 18.30	Pedal Power
Two	18.35 - 19.35	Zumba®
Three	18.40 - 19.40	Circuits *(Boxing)*
Pedal	18.45 - 19.35	Pedal Power
Two	19.45 - 20.45	BODYPUMP™
Gym	19.45 - 21.00	Circuits

wednesday

Studio	Time	Class
Two	07.00 - 07.45	Bootcamp
Pedal	10.00 - 10.45	Pedal Power
Three	10.55 - 11.55	BODYBALANCE™
Gym	11.00 - 11.55	Circuits *(Easy)*
Two	11.00 - 12.00	Pilates
Two	12.05 - 12.35	GRIT™
Pedal	12.45 - 13.15	Pedal Power
Three	17.30 - 18.30	BODYATTACK™
Two	17.30 - 18.30	Bootcamp
Pedal	17.45 - 18.30	Pedal Power
One	17.45 - 18.35	Tums, Bums & Thighs
Two	18.35 - 19.30	Sculpt X-treme
Three	18.35 - 19.35	BODYCOMBAT™
One	18.45 - 19.30	Pilates
Pedal	18.45 - 19.35	Pedal Power
Three	19.40 - 20.40	DanZe-IT
One	19.40 - 20.40	Pilates
Gym	19.45 - 20.30	Circuits

thursday

Studio	Time	Class
Three	07.00 - 07.50	BODYBALANCE™
Two	09.45 - 10.45	Bootcamp
Three	10.00 - 11.00	Line Dancing * *(Beginners)*
One	10.00 - 11.00	Yoga
Two	11.00 - 11.45	DanZe-IT
Three	11.00 - 12.00	Line Dancing * *(Advanced)*
Two	13.00 - 13.30	GRIT™
Three	13.00 - 13.45	Lo-Impact Aerobics
Pool	14.00 - 14.45	Aquafit
Two	17.30 - 18.30	BODYBALANCE™
Pedal	17.40 - 18.25	Pedal Power
Three	17.45 - 18.35	DanZe-IT
Two	18.35 - 19.35	Sculpt X-treme
One	18.40 - 20.10	Yoga
Three	18.40 - 19.30	Ab Blast
Pedal	18.40 - 19.30	Pedal Power
Pool	19.15 - 20.00	Aquafit *(Ladies Only)*
Two	19.40 - 20.40	BODYPUMP™
Three	19.45 - 20.35	Barre Fusion
Gym	19.45 - 21.00	Circuits

friday

Studio	Time	Class
Three	07.00 - 07.45	Bootcamp
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
Pedal	13.00 - 13.40	Pedal Power
Gym	14.00 - 15.00	Circuits *(Easy)*
Three	17.30 - 18.30	BODYCOMBAT™
Pedal	18.35 - 19.25	Pedal Power

saturday

Studio	Time	Class
Three	09.00 - 10.00	Step
Two	10.00 - 11.00	BODYBALANCE™
Pedal	10.10 - 11.00	Pedal Power
Gym	11.00 - 12.00	Circuits *(Intense)*
Pedal	11.10 - 12.00	Pedal Power
Two	11.10 - 12.10	BODYPUMP™

sunday

Studio	Time	Class
Pedal	09.00 - 09.50	Pedal Power
One	09.30 - 10.30	BODYBALANCE™
Pedal	10.00 - 10.50	Pedal Power
Three	10.00 - 11.00	BODYATTACK™
Two	10.15 - 11.00	DanZe-IT
One	11.00 - 12.00	Pilates *(Intermediate)*
Pedal	11.00 - 11.50	Pedal Power
Two	11.15 - 12.15	BODYPUMP™

*Line Dancing classes for Seniors and Cardiac members only.

Class descriptions & more information can be found in the Centre Directory or online at:

mybst.org/basingstoke

Please refer to the booking procedure on page 9 to ensure that your attendance is correctly registered when booking a class.

Please note that for health and safety reasons, we require you to be on time for the beginning of the class, wearing suitable clothing. Please refer to the gym and class etiquette section on page 17 of the Centre Directory for more information.

Please note: this Studio Timetable was correct at the time of printing, however due to unforeseeable circumstances, some information may change

Booking number: 01256 326331
Online Booking: mybst.org/basingstoke