

Studio timetable 2020

Full studio classes - free to premier members, or available as pay-as-you-go classes for other membership types

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	Pilates
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	Cross train Fit
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 - 18.45	DanZe-IT with weights
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	19.30 - 20.30	Circuits

Friday

Two	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	BODYATTACK™
Two	10.10 - 11.10	BODYPUMP™
Three	10.10 - 11.10	Step!
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	BODYBALANCE™

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™

LES MILLS
BODYATTACK

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

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

Please note that this timetable is subject to change.

class descriptions

③ **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.

⑤ **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 upto 590kcal/hour!

④ **Bootcamp:** Bringing the gym workout to the studio - bootcamp provides intervals of functional training.

⑤ **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.

⑤ **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.

⑤ **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

⑤
SUITABLE FOR 11 YEARS UP

⑤
(11 - 13 YEAR OLDS MUST BE ACCOMPANIED BY AN ADULT)

⑤
VARIABLE INTENSITY

⑤
SENIOR & LOWER IMPACT

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