

# Studio Timetable

from 2<sup>nd</sup> August

## Monday

<b>Pilates Beginners</b>	10:00 - 11:00	1	Elaine
<b>Body Pump</b>	10:00 - 11:00	2	Rachael
<b>Danze-IT</b>	11:00 - 12:00	3	Nicki B
<b>Easy Circuits</b>	11:00 - 12:00	Mezz	Nik T
<b>Pedal Power</b>	12:15 - 13:00	vs	Nik T
<b>Line Dancing</b>	13:00 - 13:45	3	Sue
<b>Line Dancing</b>	14:00 - 14:45	3	Sue
<b>Body Balance</b>	17:30 - 18:30	1	Elaine
<b>Body Pump</b>	17:30 - 18:30	2	Nicki B
<b>Pedal Power</b>	18:00 - 18:50	vs	Nik T
<b>Yoga</b>	18:35 - 19:35	1	Elaine
<b>Body Attack</b>	18:45 - 19:45	3	Alex
<b>Pedal Power</b>	19:00 - 19:50	vs	Nik T

## Tuesday

<b>Pedal Power</b>	07:00 - 07:50	vs	Craig
<b>Tums, bums and thighs</b>	09:45 - 10:45	3	Nicki B
<b>AquaFit</b>	11:00 - 11:45	Pool	Nik T
<b>Pilates</b>	11:15 - 12:15	1	Tatjana
<b>Body Max</b>	17:30 - 18:30	2	Nik T
<b>Pedal Power</b>	17:40 - 18:30	vs	Neil
<b>Pilates</b>	18:30 - 19:30	1	Tatjana
<b>Pedal Power</b>	18:40 - 19:30	vs	Nik T
<b>Body Pump</b>	18:40 - 19:40	2	Nicki B

## Wednesday

<b>Pedal Power</b>	10:00 - 10:50	vs	Nik T
<b>Pilates</b>	11:15 - 12:15	3	Tatjana
<b>Easy Circuits</b>	14:00 - 15:00	Mezz	Nik T
<b>Body Attack</b>	17:30 - 18:30	3	Rachael
<b>Pedal Power</b>	17:45 - 18:30	vs	Tatjana
<b>Tums, bums and thighs</b>	17:45 - 18:45	2	Barbora
<b>Body Combat</b>	18:40 - 19:40	3	Rachael
<b>Zumba</b>	18:50 - 19:50	2	Sarah C
<b>Circuits</b>	19:00 - 20:00	Mezz	Craig

## Thursday

<b>Line Dancing</b>	10:00 - 10:45	3	Sue
<b>Body Max</b>	10:00 - 11:00	2	Nik T
<b>Line Dancing</b>	11:00 - 11:45	3	Sue
<b>Danze-IT</b>	11:15 - 12:15	2	Nicki B
<b>Pedal Power</b>	12:30 - 13:15	vs	Nik T
<b>AquaFit</b>	14:00 - 14:45	Pool	Nik T
<b>Body Max</b>	17:30 - 18:30	2	Nik T
<b>Body Balance</b>	17:30 - 18:30	1	Elaine
<b>Pedal</b>	18:35 - 19:25	vs	Tatjana
<b>Yoga</b>	18:35 - 19:35	1	Elaine

## Friday

<b>Pedal Power</b>	07:00 - 07:50	vs	Nik T
<b>Step</b>	09:30 - 10:30	3	Nicki B
<b>Danze-IT</b>	10:40 - 11:30	3	Nicki B
<b>Pilates</b>	13:00 - 14:00	3	Tatjana
<b>Easy Circuits</b>	14:00 - 15:00	Mezz	Nik T
<b>Sculpt Xtreme</b>	17:35 - 18:35	2	Natalie

## Saturday

<b>Body Attack</b>	08:00 - 09:00	3	Rachael
<b>Step</b>	09:05 - 10:05	3	Nicki B
<b>Body Pump</b>	09:05 - 10:05	2	Rachael
<b>Pedal Power</b>	09:50 - 10:40	vs	Maryon
<b>Body Balance</b>	10:15 - 11:15	2	Rachael

## Sunday

<b>Pedal Power</b>	09:00 - 09:50	vs	Craig
<b>Body Balance</b>	09:30 - 10:30	1	Sarah C
<b>Pedal Power</b>	10:00 - 10:50	vs	Craig
<b>Body Attack</b>	10:00 - 11:00	3	Giorgio
<b>Danze-IT</b>	10:00 - 11:00	2	Nicki B
<b>Pilates Intermediate</b>	11:15 - 12:15	1	Tatjana

## Class Descriptions

- ② **AquaFit:** Wobble up, we're hitting the pool!  
 (L) AquaFit uses water for resistance training, which has very little impact on your joints.
- ⑤ **Body Attack:** This class combines athletic exercises like running, lunging and jumping with strength moves such as push-ups and squats. Burn up to 730kcal/hour!
- Ⓥ **Body Max:** Suitable for all levels, a resistance workout using dumbbells.
- ② **Body Balance:** This yoga based class is suitable for everyone, and will improve your mind and body.
- ④ **Body Pump:** Using light to moderate weights with lots of repetitions, this class will give you a fantastic full-body workout! Burn up to 590kcal/hour!
- ⑤ **Body Combat:** This fiercely energetic programme is inspired by mixing martial arts, and it's a great way to unleash yourself and increase stamina!
- Ⓥ **Circuits:** A mixture of HIIT and weights exercises for a full body workout.
- ② **Danze-IT:** Bust some moves and dance your way to fitness with this enjoyable cardio class.
- (L) **Easy Circuits:** A machine based class, where you work at your level to keep fit, active and moving. This class has no cardio and is very low impact
- ① **Line Dancing:** YeeHaw! An American-style line dancing class specifically targeted at seniors and beginners.
- Ⓥ (L) **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 **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!
- ④ **Sculpt Xtreme:** Strengthen and tone your body in this fusion class, using body weight, weights & 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.
- Ⓥ (L) **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!



**Advance booking only**  
 via the **bst App** • online at **mybst.org**  
 or 01256 326331

**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



① → ⑤  
 LOW INTENSITY    VERY HIGH INTENSITY    Ⓥ VARIABLE INTENSITY    (L) SENIOR & LOWER IMPACT    ☺ SUITABLE FOR 11 YEARS UP  
 (11 - 13 YEAR OLDS MUST BE ACCOMPANIED BY AN ADULT)