

Studio Timetable 2022

Monday

Keiser Cycle	06:50 - 07:35	Nik
Aqua Zumba	09:45 - 10:30	Kate
Lo - Impact Step & Tone	11:00 - 11:45	Tricia
HIIT Pump	17:15 - 17:45	Justyna
Body Combat	18:00 - 18:45	Justyna
Zumba	19:00 - 19:45	Chantal

Tuesday

Body Pump	07:15 - 08:00	Karen
Lo - Impact Aerobics	09:30 - 10:15	Codrina
Keiser Cycle	12:30 - 13:15	Justyna
Step & Tone	17:15 - 18:00	Codrina
Keiser Cycle	18:15 - 19:00	Ruth
Body Pump	19:15 - 20:00	Karen
Aqua Aerobics	19:15 - 20:00	Codrina
Body Balance	20:15 - 21:00	Karen

Wednesday

Keiser Cycle	07:00 - 07:45	Justyna
Zumba	09:30 - 10:15	Chantal
Yoga	10:30 - 11:15	Isobel
Body Pump	12:30 - 13:15	Karen
Legs Bums & Tums	17:15 - 18:00	Justyna
Box Fit	18:15 - 19:00	Justyna
Zumba	19:15 - 20:00	Chantal

Thursday

Body Pump	07:15 - 08:00	Justyna
Pilates	09:30 - 10:15	Fiona
Aqua Aerobics	10:45 - 11:30	Emma
Ab Attack	17:15 - 17:45	Codrina
Body Combat	18:00 - 18:45	Justyna
Zumba	19:00 - 19:45	Pedro
Aqua Aerobics	19:15 - 20:00	Codrina

Friday

Keiser Cycle	06:50 - 07:35	Nik
Lo- Impact Aerobics	09:30 - 10:15	Codrina
Stretch	10:30 - 11:15	Lucy
Body Pump	12:30 - 13:15	Tricia
Body Pump	18:00 - 18:45	Karen
Zumba	19:00 - 19:45	Chantal

Saturday

Body Attack	08:05 - 08:50	Karen
Body Pump	09:05 - 09:50	Karen
Body Balance	10:05 - 10:50	Karen

Sunday

Pilates	10:00 - 10:45	Lynsey
Keiser Cycle	11:10 - 11:55	Michaela

Book via the **bst App** online at www.mybst.org/newbury or at Reception **01635 701100**

Last updated 22/12/2021



Registered Charity: 301731