

Studio Timetable

Christmas & New Year 21st Dec - 3rd Jan 21



Monday 21st December

Keiser Cycle	06:50 - 07:35
Body Pump	09:30 - 10:15
Aqua Zumba	10:15 - 11:00
Body Balance	12:30 - 13:15
HIIT Circuit	17:15 - 17:45
Body Combat	18:00 - 18:45
Zumba	19:00 - 19:45

Tuesday 22nd December

Body Pump	07:15 - 08:00
Body Pump	10:30 - 11:15
Keiser Cycle	12:30 - 13:15
Keiser Cycle	18:15 - 19:00
Body Pump	19:15 - 20:00

Wednesday 23rd December

Keiser Cycle	07:15 - 08:00
Zumba	09:30 - 10:15
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 24th December

Body Pump	08:15 - 09:00
Body Combat	09:15 - 10:00

Friday 25th December

Christmas Day **CLOSED**

Saturday 26th December

Boxing Day **CLOSED**

Sunday 27th December

Body Combat	08:45 - 09:30
Pilates	09:45 - 10:30
Keiser Cycle	10:45 - 11:30

Monday 28th December

Body Pump	08:15 - 09:00
Body Balance	09:15 - 10:00
Aqua Zumba	10:15 - 11:00

Tuesday 29th December

Body Pump	07:15 - 08:00
Keiser Cycle	18:15 - 19:00
Body Pump	19:15 - 20:00

Wednesday 30th December

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

Thursday 31st December

Keiser Cycle	08:30 - 09:15
Body Combat	09:30 - 10:15

Friday 1st January 2021

New Years Day **CLOSED**

Saturday 2nd January

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

Sunday 3rd January

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



Advance booking only
www.mybst.org/newbury
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