

Studio Timetable

Christmas & New Year 28th December - 3rd January 2021

Monday 28th December

NO CLASSES

Tuesday 29th December

| | | |
|------------------------------|---------------|-----------|
| Pedal | 07:00 - 07:50 | vs |
| Tums, bums and thighs | 09:50 - 10:50 | 2 |
| Aquafit | 10:00 - 10:45 | Main Pool |
| Pilates | 10:10 - 11:00 | 3 |
| Pilates | 11:10 - 12:10 | 3 |
| Pilates Beginners | 17:30 - 18:30 | 2 |
| Body Max | 17:40 - 18:40 | 3 |
| Pedal | 17:35 - 18:25 | vs |
| Pilates | 18:40 - 19:40 | 2 |
| Body Pump | 18.50 - 19.50 | 3 |
| Pedal | 18:50 - 19:40 | vs |
| Zumba | 19:45 - 20:45 | 2 |

Wednesday 30th December

| | | |
|------------------------------|---------------|----|
| Pedal | 10:00 - 10:45 | vs |
| Pilates | 11:15 - 12:15 | 3 |
| Body Max Easy | 14:00 - 15:00 | 3 |
| Body Attack | 17:30 - 18:30 | 3 |
| Pedal | 17:45 - 18:30 | vs |
| Tums, bums and thighs | 17:40 - 18:40 | 2 |
| Cross Train Fit | 18:40 - 19:40 | 3 |
| Pilates | 18:50 - 19:50 | 2 |

Thursday 31st December

| | | |
|-----------------|---------------|----|
| Body Max | 09:00 - 09:50 | 3 |
| Pedal | 10:00 - 10:45 | vs |
| Danze-IT | 10:10 - 11:10 | 3 |

Friday 1st January 2021

New Years Day **CLOSED**

Saturday 2nd January

| | | |
|---------------------|---------------|----|
| Body Attack | 08:00 - 08:55 | 3 |
| Body Pump | 09:05 - 10:05 | 3 |
| Step | 09:05 - 10:05 | 2 |
| Pedal | 09:50 - 10:40 | vs |
| Body Balance | 10:15 - 11:15 | 2 |
| Danze-IT | 12:40 - 13:40 | 3 |

Sunday 3rd January

| | | |
|-----------------------------|---------------|----|
| Pedal | 08:10 - 08:50 | vs |
| Pedal | 09:00 - 09:50 | vs |
| Body Balance | 09:40 - 10:40 | 2 |
| Pedal | 10:00 - 10:50 | vs |
| Body Attack | 10:05 - 11:05 | 3 |
| Pilates Intermediate | 11:10 - 12:10 | 2 |
| Body Pump | 11:15 - 12:15 | 3 |

Happy New Year!



Advance booking only
www.mybst.org • 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

