

GROUP EXERCISE TIMETABLE

To book visit www.thebanksidehealthclub.co.uk

MONDAY

Time	Class Type	Duration	Studio location
06:50-07:20	Boot Camp	30 mins	Studio 1
07:15-08:00	Circ-hiit	45 mins	Gym Floor
07:30-08:00	TRX Suspension Training	30 mins	Gym Floor
07:30-08:15	Hatha Flow Yoga	45mins	Studio 1
07:30-08:15	Group Cycling	45 mins	Cycle Studio
08:00-08:30	Hard Core	30 mins	Gym Floor
12:05-12:35	GRIT™ Cardio	30mins	Studio 2
12:10-12:40	Boot Camp	30 mins	Gym Floor
12:20-13:05	BODYPUMP™	45 mins	Studio 1
12:30-13:00	Power Plate	30mins	Power Plate Studio
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:40-13:10	Boxing Squad	30 mins	Studio 2
12:45-13:30	Circ-hiit	45 mins	Gym Floor
13:15-14:00	BODYCOMBAT™	45mins	Studio 2
13:15-14:00	Vinyasa Yoga	45 mins	Studio 1
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
14:05-14:35	GRIT™ Strength	30 mins	Studio 2
17:15-18:00	Freestyle Ballet Barre	45 mins	Studio 2
17:30-18:00	VIPIR Circuit	30 mins	Gym Floor
17:45-18:30	Group Cycling	45 mins	Cycle Studio
17:50-18:35	BODYPUMP™	45mins	Studio 1
18:10-18:40	CX WORX™	30 mins	Studio 2
18:30-19:00	Power Plate	30 mins	Power Plate Studio
18:45-19:30	BODYBALANCE™	45 mins	Studio 2
18:45-19:30	Group Cycling	45 mins	Cycle Studio
18:45-19:30	Zumba	45 mins	Studio 1
19:00-19:30	Circ-hiit Boxing	30 mins	Gym Floor

TUESDAY

Time	Class Type	Duration	Studio location
06:50-07:35	BODYPUMP™	45 mins	Studio 1
07:00-07:30	GRIT™ Cardio	30 mins	Studio 1
07:15-08:00	Circ-hiit	45 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:35-08:05	Core-X	30mins	Studio 2
07:45-08:30	Pilates	45 mins	Studio 1
08:00-08:30	TRX Suspension Training	30 mins	Gym Floor
11:45-12:15	GRIT™ Strength	30 mins	Studio 1
12:10-12:55	Boxing Squad	45 mins	Studio 2
08:00-08:30	BODYPUMP™	45 mins	Studio 1
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:45-13:15	VIPIR Circuit	30 mins	Gym Floor
13:00-13:30	Power Plate	30 mins	Power Plate Studio
13:00-13:30	CX WORX™	30 mins	Studio 2
13:15-14:00	Hatha Flow Yoga	45 mins	Studio 1
13:15-14:00	Circ-hiit	45 mins	Gym Floor
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
13:35-14:05	Cardio Strength	30 mins	Studio 2
17:00-17:30	TRX Suspension Training	30 mins	Gym Floor
17:00-17:30	GRIT™ Cardio	30 mins	Studio 2
17:15-18:00	Circ-hiit	45 mins	Gym Floor
17:15-18:00	Pilates	45 mins	Studio 1
17:35-18:05	GRIT™ Strength	30 mins	Studio 2
17:30-18:15	Group Cycling	45 mins	Cycle Studio
17:00-18:30	Power Plate	30 mins	Power Plate Studio
18:10-18:40	CX WORX™	30 mins	Studio 2
18:10-18:55	BODYCOMBAT™	45mins	Studio 1
18:35-19:05	Kettlebells	30 mins	Gym Floor
19:00-19:30	Power Plate	30 mins	Power Plate Studio

WEDNESDAY

Time	Class Type	Duration	Studio location
07:00-07:30	Shred X	30mins	Studio 1
07:00-07:30	Kettlebells	30 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:15	Circ-hiit	45 mins	Gym Floor
07:35-08:05	CX WORX™	30 mins	Studio 1
11:55-12:25	GRIT™ Plyo	30 mins	Studio 1
12:30-13:00	Power Plate	30 mins	Power Plate Studio
12:30-13:00	TRX Suspension Training	30 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:15	BODYBALANCE™	45 mins	Studio 2
12:40-13:10	Boot Camp	30 mins	Studio 2
12:45-13:30	Circ-hiit	45 mins	Gym Floor
13:15-14:00	Ashtanga Yoga	45 mins	Studio 1
13:15-14:00	Boxing Squad	45 mins	Studio 2
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:35-18:05	HIIT™ Circuit	30 mins	Studio 2
17:45-18:45	BODYPUMP™	60 mins	Studio 1
18:00-19:00	Group Cycling	60 mins	Cycle Studio
18:00-18:30	Power Plate	30 mins	Power Plate Studio
18:10-18:40	GRIT™ Cardio	30 mins	Studio 2
18:30-19:00	Power Plate	30 mins	Power Plate Studio
18:45-19:30	BODYBALANCE™	45 mins	Studio 2
18:50-19:35	Zumba	45 mins	Studio 1
18:55-19:25	Boxing Squad	30 mins	Gym Floor
19:00-19:30	TRX Suspension Training	30 mins	Gym Floor

THURSDAY

Time	Class Type	Duration	Studio location
07:00-08:00	BODYPUMP™	60 mins	Studio 1
07:00-07:45	Zumba	45 mins	Studio 2
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:15	Circ-hiit	45 mins	Gym Floor
07:50-08:35	Yoga Inspired Stretch	45 mins	Studio 2
08:00-08:30	TRX Suspension Training	30 mins	Gym Floor
08:05-08:35	Kettlebells	30 mins	Gym Floor
12:10-12:40	GRIT™ Cardio	30 mins	Studio 2
12:20-13:05	BODYCOMBAT™	45 mins	Studio 1
12:30-13:00	Boot Camp	30 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:00	Power Plate	30 mins	Power Plate Studio
12:45-13:15	CX WORX™	30 mins	Studio 2
13:15-14:00	Circ-hiit	45 mins	Gym Floor
13:20-14:05	BODYBALANCE™	45 mins	Studio 1
13:20-14:05	Pilates	45 mins	Studio 2
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:30-18:00	Power Plate	30 mins	Power Plate Studio
18:00-18:30	GRIT™ Strength	30 mins	Studio 2
18:00-18:30	GRIT™ Cardio	30 mins	Studio 1
18:00-18:45	Group Cycling	45 mins	Cycle Studio
18:15-19:00	Circ-hiit	45 mins	Gym Floor
18:35-19:05	Hard Core	30 mins	Studio 2
18:35-19:20	BODYCOMBAT™	45 mins	Studio 1
19:05-19:35	TRX Suspension Training	30 mins	Gym Floor
19:10-19:55	Rocket Yoga	45 mins	Studio 2

FRIDAY

Time	Class Type	Duration	Studio location
07:00-07:30	TRX Suspension Training	30 mins	Gym Floor
07:00-07:30	Power Plate	30 mins	Power Plate Studio
07:15-08:00	Pilates	45 mins	Studio 2
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:35-08:05	GRIT™ Strength	30 mins	Studio 1
12:30-13:00	TRX Suspension Training	30 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:15	Circ-hiit	45 mins	Gym Floor
12:30-13:15	BODYPUMP™	45 mins	Studio 1
12:55-13:55	Vinyasa Yoga	60 mins	Studio 2
13:00-13:30	Power Plate	30 mins	Power Plate Studio
13:25-13:55	CX WORX™	30 mins	Studio 1
13:30-14:00	Power Plate	30 mins	Power Plate Studio
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:30-18:00	TRX Suspension Training	30 mins	Gym Floor
17:45-18:20	Fight Club	45 mins	Gym Floor
17:45-18:30	Zumba	45 mins	Studio 1
18:00-18:30	CX WORX™	30 mins	Studio 2
18:35-19:25	Strut	45 mins	Studio 1
18:35-19:20	Pilates	45 mins	Studio 2

SATURDAY

Time	Class Type	Duration	Studio location
09:00-10:00	BODYPUMP™	60 mins	Studio 1
10:00-11:00	Zumba	60 mins	Studio 2
11:00-12:00	Group Cycling	60 mins	Cycle Studio
11:00-12:30	Ashtanga Yoga	90 mins	Studio 1
13:30-14:15	Circ-hiit	45 mins	Gym Floor

SUNDAY

Time	Class Type	Duration	Studio location
09:30-10:00	TRX Suspension Training	30 mins	Gym Floor
11:00-11:45	Circ-hiit	45 mins	Gym Floor
12:15-13:15	Pilates	60 mins	Studio 1



STUDIO X

