

# GROUP EXERCISE TIMETABLE

To book visit [www.thebanksidehealthclub.co.uk](http://www.thebanksidehealthclub.co.uk)

## MONDAY

Time	Class Type	Duration	Studio location
06:50-07:20	GRIT™ Strength	30 mins	Studio 1
07:15-08:00	TRIBE EEE	45 mins	Gym Floor
07:25-07:45	Abs Blast	20 mins	Studio 1
07:30-08:00	TRX Suspension Training	30 mins	Gym Floor
07:50-08:15	Hatha Flow Yoga	45mins	Yoga Loft
07:30-08:15	Group Cycling	45 mins	Cycle Studio
08:00-08:45	TRIBE EEE	45 mins	Gym Floor
12:20-13:05	Pilates	45 mins	Yoga Loft
12:20-13:15	BODYPUMP™	45 mins	Studio 1
12:30-13:15	Circ-hiit	45 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:45-13:30	Boxing Squad	45 mins	Gym Floor
13:15-13:45	CX WORX™	30 mins	Studio 1
13:15-14:00	Vinyasa Yoga	45 mins	Yoga Loft
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:30-18:15	BODYPUMP™	45mins	Studio 1
17:45-18:30	Freestyle Ballet Barre	45 mins	Yoga Loft
17:45-18:30	Group Cycling	45 mins	Cycle Studio
18:20-18:50	CX WORX™	30 mins	Studio 1
18:45-19:30	BODYBALANCE™	45 mins	Yoga Loft
18:45-19:30	Group Cycling	45 mins	Cycle Studio
18:55-19:40	Zumba	45 mins	Studio 1
19:00-19:45	Circ-hiit	45 mins	Gym Floor

## THURSDAY

Time	Class Type	Duration	Studio location
07:00-08:00	BODYPUMP™	60 mins	Studio 1
07:30-08:00	Circ-hiit	30 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:30	Yoga Inspired Stretch	60 mins	Yoga Loft
08:05-08:25	Ab Blast	20 mins	Studio 1
12:30-13:00	RIG	30 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:15	BODYBALANCE™	45 mins	Yoga Loft
12:45-13:15	CX WORX™	30 mins	Studio 1
13:15-14:00	Circ-hiit	45 mins	Gym Floor
13:20-14:05	BODYCOMBAT™	45 mins	Studio 1
13:20-14:05	Pilates	45 mins	Yoga Loft
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:30-18:00	TRX Suspension Training	30 mins	Gym Floor
17:35-18:05	GRIT™ Series	30 mins	Studio 1
18:00-18:45	Group Cycling	45 mins	Cycle Studio
18:15-19:00	Circ-hiit	45 mins	Gym Floor
18:20-19:20	Rocket Yoga	60 mins	Yoga Loft

## TUESDAY

Time	Class Type	Duration	Studio location
06:50-07:35	BODYPUMP™	45 mins	Studio 1
07:00-07:45	Circ-hiit	45 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:30	Pilates	60 mins	Yoga Loft
07:40-08:10	GRIT™ Plyo	30 mins	Studio 1
07:50-08:20	TRX Suspension Training	30 mins	Gym Floor
12:20-13:05	Guns, Bums & Tums	45 mins	Studio 1
12:30-13:00	VIPR Circuit	30 mins	Gym Floor
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:45-13:30	Boxing Squad	45 mins	Gym Floor
12:45-13:30	Hatha Flow Yoga	45 mins	Yoga Loft
13:10-13:40	CX WORX™	30 mins	Studio 1
13:15-14:00	Circ-hiit	45 mins	Gym Floor
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:15-17:45	Circ-hiit	45 mins	Gym Floor
17:15-18:00	Pilates	45 mins	Yoga Loft
17:35-18:05	GRIT™ Series	30 mins	Studio 1
17:45-18:30	Group Cycling	45 mins	Cycle Studio
18:10-18:40	BODYBALANCE™	30 mins	Yoga Loft
18:10-18:55	BODYCOMBAT™	45mins	Studio 1

## FRIDAY

Time	Class Type	Duration	Studio location
07:00-07:30	TRX Suspension Training	30 mins	Gym Floor
07:00-07:30	Circ-hiit	30 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:15	Pilates	45 mins	Yoga Loft
07:35-08:05	GRIT™ Strength	30 mins	Studio 1
12:20-13:05	Guns, Bums & Tums	45 mins	Studio 1
12:10-13:10	Vinyasa Yoga	60 mins	Yoga Loft
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:15	Circ-hiit	30 mins	Gym Floor
13:15-14:00	Freestyle Ballet	45 mins	Yoga Loft
17:30-18:00	TRX Suspension Training	30 mins	Gym Floor
17:45-18:30	Pilates	45 mins	Yoga Loft
17:45-18:30	Zumba	45 mins	Studio 1
18:35-19:05	CX WORX™	30 mins	Studio 1

## WEDNESDAY

Time	Class Type	Duration	Studio location
07:00-07:30	GRIT™ Cardio	30mins	Studio 1
07:15-08:00	TRIBE EEE	45 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:15	Pilates	45 mins	Yoga Loft
07:35-08:05	CX WORX™	30 mins	Studio 1
08:00-08:45	TRIBE EEE	45 mins	Gym Floor
12:30-13:00	GRIT™ Plyo	30 mins	Studio 1
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:00	Boot Camp	30 mins	Gym Floor
12:30-13:15	BODYBALANCE™	45 mins	Yoga Loft
13:00-13:30	Boxing Squad	30 mins	Gym Floor
13:10-13:55	BODYPUMP™	45 mins	Studio 1
13:15-14:00	Circ-hiit	45 mins	Gym Floor
13:20-14:05	Ashtanga Yoga	45 mins	Yoga Loft
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:30-18:15	BODYPUMP™	45 mins	Studio 1
18:00-19:00	Group Cycling	60 mins	Cycle Studio
18:00-18:45	Circ-hiit	45 mins	Gym Floor
18:20-18:50	GRIT™ Cardio	30 mins	Studio 1
18:30-19:15	BODYBALANCE™	45 mins	Yoga Loft
18:55-19:40	Zumba	45 mins	Studio 1

## SATURDAY

Time	Class Type	Duration	Studio location
09:00-10:00	BODYPUMP™	60 mins	Studio 1
10:00-11:00	Zumba	60 mins	Studio 1
11:00-12:00	Group Cycling	60 mins	Cycle Studio
11:00-12:30	Ashtanga Yoga	90 mins	Yoga Loft

## SUNDAY

Time	Class Type	Duration	Studio location
11:00-11:45	Circ-hiit	45 mins	Gym Floor
12:15-13:15	Pilates	60 mins	Yoga Loft

## KEY

Strength & Conditioning

Cardio & HIIT

Mind & Body

Group Cycling

£££