

# 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	Boot Camp	30 mins	Studio 1
07:15-08:00	Circ-hitt	45 mins	Gym Floor
07:15-08:00	TRIBE EEE	45 mins	Studio 2
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
08:00-08:45	TRIBE EEE	45 mins	Studio 2
12:20-13:05	BODYPUMP™	45 mins	Studio 1
12:20-13:05	Circ-hitt	45 mins	Gym Floor
12:30-13:00	GRIT™ Cardio	30mins	Studio 2
12:30-13:15	Group Cycling	45 mins	Cycle Studio
13:05-13:50	Boxing Squad	45 mins	Studio 2
13:15-14:00	Vinyasa Yoga	45 mins	Studio 1
13:20-13:50	Hard Core	30 mins	Gym Floor
13:30-14:00	TRX Suspension Training	30 mins	Gym Floor
17:15-18:00	Freestyle Ballet Barre	45 mins	Studio 2
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
18:45-19:30	BODYBALANCE™	45 mins	Studio 2
18:45-19:30	Group Cycling	45 mins	Cycle Studio
18:45-19:30	Zumba	45 mins	Studio 1
19:00-19:45	Circ-hitt	45 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 2
07:15-08:00	Circ-hitt	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
12:10-12:55	Boxing Squad	45 mins	Studio 2
12:20-13:05	Guns, Bums & Tums	45 mins	Studio 1
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:45-13:15	VIPR Circuit	30 mins	Gym Floor
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-hitt	45 mins	Gym Floor
13:30-14:00	TRX Suspension Training	30 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	Circ-hitt	45 mins	Gym Floor
17:45-18:30	Group Cycling	45 mins	Cycle Studio
18:10-18:40	CX WORX™	30 mins	Studio 2
18:10-18:55	BODYCOMBAT™	45mins	Studio 1

## WEDNESDAY

Time	Class Type	Duration	Studio location
07:00-07:30	Shred X	30mins	Studio 1
07:00-07:30	Circ-hitt	45 mins	Gym Floor
07:15-08:00	TRIBE EEE	45 mins	Studio 2
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:35-08:05	CX WORX™	30 mins	Studio 1
08:00-08:45	TRIBE EEE	45 mins	Studio 2
11:55-12:25	GRIT™ Plyo	30 mins	Studio 1
12:30-13:15	Group Cycling	45 mins	Cycle Studio
12:30-13:15	BODYBALANCE™	45 mins	Studio 1
12:40-13:10	Boot Camp	30 mins	Studio 2
12:45-13:30	Circ-hitt	45 mins	Gym Floor
13:20-14:05	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	HIT™ Circuit	30 mins	Studio 2
17:45-18:45	BODYPUMP™	60 mins	Studio 1
18:00-19:00	Group Cycling	60 mins	Cycle Studio
18:10-18:40	GRIT™ Cardio	30 mins	Gym Floor
18:45-19:30	BODYBALANCE™	45 mins	Studio 2
18:45-19:30	Boxing Squad	45 mins	Gym Floor
18:50-19:35	Zumba	45 mins	Studio 1

## THURSDAY

Time	Class Type	Duration	Studio location
07:00-08:00	BODYPUMP™	60 mins	Studio 1
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:30-08:00	Circ-hitt	30 mins	Gym Floor
07:30-08:30	Yoga Inspired Stretch	60 mins	Studio 1
08:00-08:30	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
12:45-13:15	CX WORX™	30 mins	Studio 2
13:00-13:45	Group Cycling	45 mins	Cycle Studio
13:15-14:00	Circ-hitt	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
17:45-18:15	GRIT™ Strength	30 mins	Studio 2
18:00-18:45	Group Cycling	45 mins	Cycle Studio
18:15-19:00	Circ-hitt	45 mins	Gym Floor
18:20-19:05	BODYCOMBAT™	45 mins	Studio 1
18:20-19:20	Rocket Yoga	60 mins	Studio 2
19:00-19:30	TRX Suspension Training	30 mins	Gym Floor

## FRIDAY

Time	Class Type	Duration	Studio location
07:00-07:30	TRX Suspension Training	30 mins	Gym Floor
07:00-07:30	Circ-hitt	30 mins	Gym Floor
07:30-08:15	Group Cycling	45 mins	Cycle Studio
07:35-08:05	GRIT™ Strength	30 mins	Studio 1
07:45-08:30	Pilates	45 mins	Studio 2
12:20-13:05	Guns, Bums & Tums	45 mins	Studio 1
12:20-13:20	Vinyasa Yoga	60 mins	Studio 2
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-hitt	45 mins	Gym Floor
13:15-14:00	Freestyle Ballet	45 mins	Studio 1
17:30-18:00	TRX Suspension Training	30 mins	Gym Floor
17:45-18:15	Fight Club	30 mins	Gym Floor
17:45-18:30	Zumba	45 mins	Studio 1
18:00-18:30	CX WORX™	30 mins	Studio 2
18:35-19:35	Pilates	60 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

## SUNDAY

Time	Class Type	Duration	Studio location
11:00-11:45	Circ-hitt	45 mins	Gym Floor
12:15-13:15	Pilates	60 mins	Studio 1



STUDIO X

Endurance	Cardio	EEE
Combined	Mind/Body	Circ-hitt