

Class timetable starting Monday 18th February

Day	Time	Class	Duration	Instructor	Venue
Mon	7:00am	Hiit	30	Dave	Sports Hall
	9:30am	Pedal Power	45	Dave	Spin Studio
	10:30am	Vinyasa Yoga	60	Pamela	Class Studio
	6:00pm	Pilates	60	Sue	Class Studio
	6:00pm	Core Balls	25	Shani	Sports Hall
	6:30pm	Hiit	25	Shani	Sports Hall
	7:00pm	Yoga	60	Sue	Class Studio
	7:00pm	DanceFit – NEW	45	Jennie	Ballroom
Tue	6:45am	Pilates	45	Adrian	Class Studio
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Total Body Tone	45	Sue	Class Studio
	10:30am	Unite	60	Sue	Class studio
	6:00pm	Pedal Power	45	Shani	Spin Studio
	6:00pm	BoxFit - NEW	45	Dave	Class Studio
	7:00pm	Legs, bums and tums	60	Shani	Class studio
	7:00pm	Yoga	60	Lorraine	Class studio
Wed	9:30am	Core Balls	25	Shani	Sports Hall
	10:00am	Hiit	25	Shani	Sports Hall
	10:30am	Yoga	60	Mina	Class studio
	6:30pm	Hiit – NEW	25	Dave	Class studio
	7:00pm	Ground Reaction - NEW	45	Dave	Class Studio
	7:00pm	Vibe cycle	45	Katie	Spin Studio
Thurs	6:45am	Stretch it	60	Adrian	Class studio
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Pilates	60	Sue	Class Studio
	10:30am	Yoga	60	Sue	Class Studio
	6:00pm	Pedal Power	45	Dave	Spin Studio
	6:00pm	LIFT - NEW	60	Jennie	
	7:00pm	Yoga	60	Pamela	Class Studio
Fri	9:00am	Functional Fitness	45	Shani	Gym/Sports Hall
	9:45am	Stretch it	60	Adrian	Class Studio
Sat	8:30am	Tabata Hiit Training	25	Shani	Class Studio
	9:00am	Vibe Cycle	45	Katie	Spin Studio
	10:00am	Functional Fitness	45	Shani	Gym/Studio
Sun	9:00am	Functional Fitness	45	Dave	Gym
	10:00am	Yoga	60	Mina	Class studio
Cardio		Mind and Body			Cardio/ Toning
Toning		Dance			Core

Spaces are limited on some classes so it is advisable to book in advance. Please cancel your space if you no longer require it, we can then offer this up to another member who may be on a waiting list. Thank you.

Please book your space at reception or via email: enquiries@baypointssportsclub.co.uk or telephone: 01304 613022