



THE BODY TRAINING STUDIO

IN STUDIO**ONLINE**

www.thebodytrainingstudio.co.uk

MONDAY

SPIN 45	08.00 - 08.45
CORE & UPPER	09.00 - 09.45
FORREST YOGA	10.00 - 11.00
BODY COMBAT	13.00 - 13.45
SPIN 45	17.00 - 17.45
BODY PUMP	18.00 - 18.45
BODY BALANCE	19.00 - 20.00

CORE & UPPER	09.00 - 09.45
BODY PUMP	18.00 - 18.45
BODY BALANCE	19.00 - 20.00

TUESDAY

SPIN 30	06.45 - 07.15
CORE 45	08.00 - 08.45
TOTAL BODY	09.00 - 09.45
PILATES	12.00 - 12.45
KETTLEBELLS	17.15 - 18.00
DANCE FIT	18.15 - 19.00
FUSION YOGA	19.15 - 20.15

CORE 45	08.00 - 08.45
PILATES	12.00 - 12.45
DANCE FIT	18.15 - 19.00

WEDNESDAY

HIIT CARDIO	06.45 - 07.15
KETTLEBELLS	08.00 - 08.45
BODY BALANCE	09.00 - 09.45
CORE 30	15.55 - 16.25
TOTAL STRENGTH	16.30 - 17.15
SPIN 60	17.30 - 18.30
LBT	18.45 - 19.30
PILATES	19.30 - 20.30

BODY BALANCE	09.00 - 09.45
CORE 30	15.55 - 16.25
LBT	18.45 - 19.30

THURSDAY

HIIT STRENGTH	06.45 - 07.15
SPIN 45	08.00 - 08.45
MORNING STRETCH	09.00 - 09.45
SENIOR FITNESS	14.30 - 15.15
BODY PUMP	17.30 - 18.15
BEGINNERS SPIN	18.30 - 19.00
PILATES	19.15 - 20.00

MORNING STRETCH	09.00 - 09.45
BODY PUMP	17.30 - 18.15
PILATES	19.15 - 20.00

FRIDAY

CIRCUITS	07.00 - 07.30
SH1FT & L1FT	09.00 - 09.45
BODY PUMP	10.00 - 10.45
VINYASA FLOW YOGA	11.45 - 12.45
SLOW FLOW YOGA	13.00 - 14.00
SPIN 30	16.15 - 16.45
BODY PUMP	17.00 - 17.45
BODY BALANCE	18.00 - 18.45

SH1FT & L1FT	09.00 - 09.45
BODY PUMP	10.00 - 10.45
BODY PUMP	17.00 - 17.45
BODY BALANCE	18.00 - 18.45

SATURDAY

BODY PUMP	08.00- 08.45
SPIN 45	09.00 - 09.45
BODY BALANCE	10.00 - 10.45

BODY PUMP	08.00- 08.45
BODY BALANCE	10.00 - 10.45

SUNDAY

BODY PUMP	09.00- 09.45
DANCE FIT	10.00 - 10.45

BODY PUMP	09.00- 09.45
DANCE FIT	10.00 - 10.45