

STUDIO CLASS SCHEDULE

winchester
RACQUETS
& FITNESS

Studio classes are FREE for Gold and Studio members.
£6 for all other Club members and £15 for non-members

MON	06:45 - 07:15 HIIT 30 mins	07:45 - 08:30 BOOTCAMP 45 mins	08:45 - 09:15 ABS BLAST 30 mins	09:30 - 10:30 YOGA 60 mins	10:45 - 11:30 STRENGTH & TONE 45 mins	12:00 - 12:45 BOOGIE WONDERLAND 45 mins	13:00 - 13:45 MONDAY MOVEMENT 45 mins	14:00 - 14:45 PILATES 45 mins	17:30 - 18:15 INDOOR CYCLING 45 mins	18:30 - 19:30 BODY PUMP 60 mins	20:15 - 20:55 STREET DANCE 40 mins	
TUE	08:00 - 08:30 INDOOR CYCLING 30 mins	09:00 - 10:00 PILATES 60 mins	10:10 - 10:40 DANCE COMBAT 30 mins	10:40 - 11:20 STRETCH & RELEASE 40 mins	11:25 - 12:05 BOOGIE WONDERLAND 40 mins	14:00 - 14:45 PILATES EXTRA 45 mins	15:00 - 16:00 YOGA 60 mins	17:15 - 18:30 LEGS, BUMS & TUMS 45 mins	18:30 - 19:30 INDOOR CYCLING 60 mins	STUDIO CLEANING		
WED	06:45 - 07:30 BOOTCAMP 45 mins	08:00 - 08:45 YOGALATES 45 mins	09:00 - 10:00 BODY PUMP 60 mins	10:15 - 11:00 BODY COMBAT 45 mins	17:00 - 17:45 BICYCLE BOOTCAMP 45 mins	18:00 - 18:45 YOGA 45 mins	18:50 - 19:30 BOOGIE WONDERLAND 40 mins					
THU	08:00 - 08:45 INDOOR CYCLING 45 mins	09:00 - 10:00 PILATES 60 mins	10:15 - 11:00 STRENGTH & TONE 45 mins	11:30 - 12:30 YOGA 60 mins	12:45 - 13:30 BODY PUMP 45 mins	14:00 - 14:45 PILATES EXTRA 45 mins	16:00 - 16:30 CARDIO CRUSH 30 mins	17:15 - 18:00 STRONG 45 mins	18:15 - 18:45 INDOOR CYCLING 30 mins	19:00 - 20:00 BARS, BELLS & BODYWEIGHT 60 mins	STUDIO CLEANING	
FRI	07:15 - 08:00 BOOTCAMP 45 mins	08:30 - 09:00 EXPRESS YOGA 30 mins	09:15 - 09:45 INDOOR CYCLING 30 mins	10:00 - 11:00 BODY PUMP 60 mins	11:10 - 11:50 BALLET FIT 40 mins	11:50 - 12:30 ADULT TAP 40 mins	14:15 - 15:00 PILATES 45 mins					
SAT	08:00 - 08:45 INDOOR CYCLING 45 mins	09:00 - 09:45 BODY COMBAT 45 mins	10:00 - 11:00 BODY PUMP 60 mins	11:15 - 12:00 BALANCE & BREATHE 45 mins	12:15 - 13:00 STRENGTH & TONE 45 mins	SUN		08:45 - 09:40 CIRCUITS 55 mins	10:00 - 11:00 BICYCLE BOOTCAMP 60 mins	11:15 - 12:00 LEGS, BUMS & TUMS 45 mins	12:15 - 13:00 STEP AEROBICS 45 mins	STUDIO CLEANING

 = Higher Impact
  = Low Impact
  = Dance