

## BT1 Gym Class Timetable:- Autumn 2024

Monday				
Start	Finish	Activity	Location	Description
7.30am	8.30am	The Breakfast Club	BT1 Gym	Working on & learning fundamental compound movements. Challenging all major muscle groups to become stronger.
18.30pm	19.00pm	HIIT	BT1 Gym	HIIT workout with Dance music bangers.

Tuesday				
Start	Finish	Activity	Location	Description
7.30am	8.30am	The Pull Club	BT1 Gym	Workout focused around Deadlifts & pull-ups. You'll learn how to do each & progressions. <i>*Please note this Class will not be running from 24<sup>th</sup> September to 29<sup>th</sup> October*</i>
7.30am	8.30am	Women's Strength Course	BT1 Gym	Starting Tuesday 24 September, running every Tuesday for 6 weeks. Booking is essential at:-  <a href="https://qubuk.estore.flywire.com/products/womens-strength-course-249168">https://qubuk.estore.flywire.com/products/womens-strength-course-249168</a>
18.15pm	18.55pm	Pilates	BT1 Gym	Building up good core, back and glute strength with control and no impact.
19.00pm	20.00pm	Strength for all Course	BT1 Gym	Starting Tuesday 24 <sup>th</sup> September, running every Tuesday for 6 weeks. Booking is essential at:-  <a href="https://qubuk.estore.flywire.com/products/strength-for-all-course-249172">https://qubuk.estore.flywire.com/products/strength-for-all-course-249172</a>

Wednesday				
Start	Finish	Activity	Location	Description
7.15am	8.00am	City Centre Yoga	BT1 Coffee Bar	<ul style="list-style-type: none"> <li>- 13<sup>th</sup> Nov 07.15-08.00 BT1 Coffee Bar</li> <li>- 8<sup>th</sup> Jan 07.15-08.00 BT1 Coffee Bar</li> <li>- 12<sup>th</sup> Mar 07.15-08.00 BT1 Coffee Bar</li> </ul> Booking is essential at:- <a href="https://qubuk.estore.flywire.com/active-campus">https://qubuk.estore.flywire.com/active-campus</a>
7.30am	8.00am	Hump-day Workout.	BT1 Gym	Middle of the week....so work the middle (Core)

Thursday				
Start	Finish	Activity	Location	Description

18.30pm	19.00pm	Hard core Thursdays.	BT1 Gym	Building strong cores with Hard rocking tunes.
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<b>Friday</b>				
Start	Finish	Activity	Location	Description
7.30am	8.30am	Powerblast	BT1 Gym	A full body, functional workout with explosive, power movements such as slams, step-ups and bodyweight movements

<b>Saturday</b>				
Start	Finish	Activity	Location	Description
10.30am	11.45am	One More Rep.	BT1 Gym	Instructor's workout of the day. AMRAP style (as many rounds as possible).

*\*please note the programme is subject to change and may be amended during public holiday periods\**