

BT1 Gym Class Timetable:- Summer 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 Me Up	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.
18.15pm	18.55pm	Pilates	BT1 Gym	Building up good core, back and glute strength with control and no impact.

Wednesday				
Start	Finish	Activity	Location	Description
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.

Friday				
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

Saturday				
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