

## BT1 Gym Class Timetable:- Winter 2026

<b>Monday</b>				
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.

<b>Tuesday</b>				
Start	Finish	Activity	Location	Description
7.30am	8.30am	Women's Strength Class	BT1 Gym	Every other Tuesday Morning (dates below) 6 <sup>th</sup> Jan/ 20 <sup>th</sup> Jan/ 3 <sup>rd</sup> Feb/ 17 <sup>th</sup> Feb/ 3 <sup>rd</sup> March/ 31 <sup>st</sup> March
18.15pm	18.55pm	Pilates	BT1 Gym	Every other Tuesday Afternoon (dates below) 13 <sup>th</sup> Jan / 27 <sup>th</sup> Jan/ 10 <sup>th</sup> Feb/ 24 <sup>th</sup> Feb/ 10 <sup>th</sup> March/ 24 <sup>th</sup> March

<b>Wednesday</b>				
Start	Finish	Activity	Location	Description
7.30am	8.00am	Hump-day Workout.	BT1 Gym	Middle of the week....so work the middle (Core)

<b>Thursday</b>				
Start	Finish	Activity	Location	Description
18.30pm	19.00pm	Hard core Thursdays.	BT1 Gym	Building strong cores with Hard rocking tunes.

<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\**