



HEALTH AND WELLBEING TIMETABLE



MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Power Yoga 6.45am (Z) MADDIE	Body Conditioning 6.45am BEX	Indoor Cycling 6.45am KAT		Sunrise Yoga 7.30am (Z) TRISH	Circuits 9am JOE/JAMES	Body Pump 9.45am HELEN
	HIIT Yoga 10am (Z) CHRISTIAN	Yoga for all 11am (Z) SARAH [COMMUNITY CLASS]				Body Pump 10.30am (Z) LUCILLE/SARAH	Restorative Yoga 10.45am (Z) TAMARA
AFTERNOON	Lunchtime Bootcamp 12.30pm JAMES	Indoor Cycling 12.30pm JAMIE	Core & Stretch 12.30pm (Z) BEX	Indoor Cycling 12.30pm CHRISTIAN	Yogalates 12pm TRISH/ALI		Yin Yoga 3.30pm (Z) (1st Sunday every month)
					Body Pump 1pm SARAH		
EVENING	Body Attack 6pm (Z) CHARLEY	Functional Circuits 6pm KATIE	Midweek Circuit 5pm JOE	Body Pump 6pm LUCILLE	Indoor Cycling 5pm ALEXANDRIA		
	Indoor Cycling 7.15pm KAT	Power Yoga 7pm (Z) TRISH	Indoor Cycling 6pm NEIL	Kettlebells 7pm KATIE			
			Pilates 7.15pm (Z) RACHEL				

(Z) = Available on Zoom

GYM OPENING TIMES

6.30am - 8.30pm weekdays

7.30am - 5.30pm weekends

YMCA Bath

International House
Broad Street Place
Bath
BA1 5LH

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TIMETABLE

