

Studio Programme

Basingstoke Sports Centre

Accurate as of 19/09/2019

Times for Wednesday 24 July



Time	Session	Facility	Instructor	Level
06:45 - 07:30	Advanced Tums,Bums & Thighs	Studio Two	Sarah Oliver	
10:00 - 10:45	Pedal Power	Virtual Studio Pedal Studio	Nikki Tubbs	
10:55 - 11:55	Les Mills™ BODYBALANCE	Studio Three	Sarah Chapman	
11:00 - 11:55	Easy Circuit	Gym	Denis South	
11:00 - 12:00	Pilates	Studio Two	Mandy Foster	
12:10 - 12:55	Les Mills™ BODYPUMP	Studio Two	Maryon Waugh	
14:00 - 15:00	Easy Circuit	Gym	Nikki Tubbs	
17:30 - 18:30	Les Mills™ BODYATTACK	Studio Three	Rachel Foster	
17:30 - 18:30	CrossTrainFit	Studio Two	Nikki Tubbs	
17:45 - 18:30	Live Pedal Power	Virtual Studio Pedal Studio	Tatjana Brandic	
17:45 - 18:35	Tums, Bums & Thighs	Studio One	Barbora Cepkova	
18:35 - 19:30	Sculpt X-treme	Studio Two	Keith Webb	
18:35 - 19:35	Les Mills™ BODYCOMBAT	Studio Three	Rachel Foster	
18:45 - 19:30	Pilates	Studio One	Barbora Cepkova	
18:45 - 19:35	Pedal Power	Virtual Studio Pedal Studio	Trace	
19:40 - 20:40	DanZe-IT	Studio Three	Jade Bartholomew	
19:40 - 20:40	Pilates	Studio One	Tatjana Brandic	
19:45 - 20:30	Circuits (intense)	Gym	Craig Heggie	