



BAYPOINT
CLUB

CLASSTIME TABLE

VINYASA YOGA - 10:00-10:50

With Pamela in the Ballroom

LEGS AND CORE CIRCUITS - 18:00-18:50

With Chris in the Sports Hall

SPIN - 19:00-19:45

With Shani in the Spin Studio

MONDAY

FUNCTIONAL FITNESS - 09:00-09:50

With Chris in the Sports Hall

PILATES - 10:00-10:50

With Sue in the Ballroom

BOUNCE BEYOND - 11:00-11:50

With Ray in the Sports Hall

CLUBBERCISE - 18:00-18:50

With Naomi in the Sports Hall

FULL BODY CIRCUIT - 19:00-19:45

With Mills Fitness in the Sports Hall

TUESDAY

TOTAL BODY TONE - 09:30-10:20

With Sue in the Ballroom

YOGA/PILATES - 10:30-11:20

With Sue in the Ballroom

SPIN - 18:00-18:45

With Shani in the Spin Studio

FULL BODY BLITZ - 18:00-18:45

With Gabbie in the Ballroom

BOX FIT - 19:00-19:45

With Gabbie in the Ballroom

WEDNESDAY

HIIT- 18:00-18:50

With Mills Fitness in the Sports Hall

YOGA - 19:00-19:50

With Pamela in the Ballroom

THURSDAY

YIN YOGA - 10:00-10:50

With Pamela in the Ballroom

LEGS AND CORE CIRCUITS - 09:00-09:50

With Chris in the Sports Hall

FRIDAY

BOUNCE BEYOND - 09:00-09:50

With Ray in the Sports Hall

JUNIOR GYM - 09:00-09:50

With Dave in the Gym

SATURDAY

YOGA - 10:00-10:50

With Shelley in the Ballroom

SUNDAY

*Please book via our new Club app 'FitSense'
or via email to hello@baypoint-club.co.uk
Classes can be booked up to one week in advance*