

# CLASS TIMETABLE

Starting 11/10/2021

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Baypoint Circuits 06:45-07:15	Parent & Baby - Rise & Stretch (0-2Yrs) 09:30-10:15	Wednesday Workout 09:30-10:15	Pilates by Baypoint 10:00-11:00	Total Body Sculpt with Baypoint 09:15-10:15	Introduction to Badminton 12:00-12:45	Baypoint Spin 08:30-09:15
Baypoint Boxercise 07:15-07:45	FitSteps with Baypoint 09:30-10:15	Vinyasa Yoga by Baypoint 10:30-11:30	Baypoint HIIT 17:45-18:15	Yin Yoga by Baypoint 10:30-11:30		Gentle Yoga by Baypoint 09:30-10:30
Yoga Stretch by Baypoint 09:30-10:30	Pilates by Baypoint 10:30-11:30	Baypoint Legs, Bums & Tums 18:00-18:45	Baypoint Spin 18:30-19:15	Clubbercise with Baypoint 18:00-19:00		
Baypoint Full Body Blitz 18:00-18:45	Baypoint Express Spin 12:30-13:00	Baypoint Core Balls 19:00-19:45	Yoga by Baypoint 19:30-20:30			
Baypoint Box Fit 19:00-19:45	Introduction to Badminton 17:00-17:45					
Yoga by Baypoint 19:00-20:00	Baypoint Kettlebells 18:00-18:30					
	Baypoint Totally Shredded 18:00-19:00					
	Baypoint Spin 18:45-19:30					
	FitSteps with Baypoint 19:30-20:15					

Mind & Body    Cardio & Toning    Strength & Conditioning    Dance Cardio

Classes can be booked up to 1 week in advance

FREE for Members - £5 per class for Non-Members

-  BaypointClub
-  BaypointClubKent
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