

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	Zumba at Baypoint 09:30-10:30	Vinyasa Yoga by Baypoint 10:30-11:30	Introduction to Squash 11:15-12:30	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 HIIT 17:45-18:15	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	Baypoint Spin 18:30-19:15			
Baypoint Box Fit 19:00-19:45	Introduction to Badminton 17:00-17:45		Yoga by Baypoint 19:30-20:30			
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					

- 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
-  Hello@baypoint-club.co.uk
-  www.baypoint-club.co.uk
-  01304 613022