



BT1 Gym Class Timetable:- Autumn 2025

Monday				
Start	Finish	Activity	Location	Description
7.30am	8.30am	The Breakfast Club	BT1 Gym	Working on & learning fundamental compound movements. Challenging all major muscle groups to become stronger.
18.30pm	19.00pm	HIIT	BT1 Gym	HIIT workout with Dance music bangers.

Tuesday				
Start	Finish	Activity	Location	Description
7.30am	8.30am	Women's Strength Class	BT1 Gym	Every other Tuesday Morning (dates below) 30th Sept / 14th Oct / 28th Oct / 11th Nov / 25th Nov / 9th Dec / 23rd Dec
18.15pm	18.55pm	Pilates	BT1 Gym	Every other Tuesday Afternoon (dates below) 7th Oct / 21st Oct / 4th Nov / 18th Nov / 2nd Dec / 16th Dec / 30th Dec

Wednesday				
Start	Finish	Activity	Location	Description
7.30am	8.00am	Hump-day Workout.	BT1 Gym	Middle of the week....so work the middle (Core)

Thursday				
Start	Finish	Activity	Location	Description
18.30pm	19.00pm	Hard core Thursdays.	BT1 Gym	Building strong cores with Hard rocking tunes.

Friday				
Start	Finish	Activity	Location	Description
7.30am	8.30am	Powerblast	BT1 Gym	A full body, functional workout with explosive, power movements such as slams, step-ups and bodyweight movements

Saturday				
Start	Finish	Activity	Location	Description
10.30am	11.45am	One More Rep.	BT1 Gym	Instructor's workout of the day. AMRAP style (as many rounds as possible).

please note the programme is subject to change and may be amended during public holiday periods