

Class timetable

JP Morgan Bank Street



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Bootcamp 07:15-07:45 Gym floor	Kettlebells 07:30-08:00 Gym floor	Barbells 07:15-08:00 Studio 1	Cycle 30 07:30-08:00 Studio 2	Bootcamp 07:30-08:00 Gym floor
	Yoga 08:00 – 08:45 Studio 1				
Lunchtime	Pilates 12:00 – 12:45 Studio 1	Yoga 12:00-12:45 Studio 1	Cycle 30 11:30 – 12:00 Studio 2	Circuits 11:30-12:15 Gym floor	Circuits 12:00-12:45 Gym floor
	Hatton Boxing for Fitness 12:00-12:45 Gym floor	Circuits 12:00-12:45 Gym floor	Hatton Boxing for Fitness 12:00-12:45 Gym floor	Cycle 30 12:00-12:30 Studio 2	Yoga 12:00-12:45 Studio 1
	Cycle 12:15 – 13:00 Studio 2	Cycle 12:15-13:00 Studio 2	Yoga 12:15-13:00 Studio 1	Zumba 12:15-13:00 Studio 1	Pilates 13:00-13:45 Studio 1
	Pilates 13:00-13:45 Studio 1	Steps and Tone 13:00-13:45 Studio 1	Circuits 13:00-13:45 Gym Floor	Box with Jason 12:30-13:15 Gym Floor	Kettlebells 13:15-13:45 Gym floor
	Kettlebells 13:15-13:45 Gym Floor		Pilates 13:15 – 14:00 Studio 1	Barbells 13:15-14:00 Studio 1	
Evening	Barbells 17:15-18:00 Studio 1	Yoga 17:15-18:00 Studio 1	Yoga 16:30-17:15 Studio 1	Yoga 17:00-17:45 Studio 1	Barbells 17:15-18:00 Studio 1
		Circuits 18:00-18:45 Gym floor	Circuits 18:15-19:00 Gym floor	Strength and Core 18:00-18:30 Gym Floor	
		Strength and Core 19:00-19:30 Gym Floor			

Book your class today via the Reebok Fitness app on your mobile device, or for more information, speak to a member of the Active Spaces team.