



B! HEALTH & FITNESS
LYME REGIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO CYCLE 09:15 - 10:00 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	FUNCTIONAL FIT 09:15 - 10:00 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	BARS & BELLS 09:15 - 09:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	STUDIO CYCLE 09:15 - 10:00 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	FUNCTIONAL FIT 09:15 - 09:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	FUNCTIONAL FIT 08:15 - 09:00 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★
	MOBILIZE 10:15 - 10:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	CORE-X 10:15 - 10:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	MOBILIZE 10:15 - 10:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	SHAPE & TONE 10:15 - 11:00 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	
SHAPE & TONE 17:00 - 17:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★	BARS & BELLS 17:00 - 17:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		FUNCTIONAL FIT 17:00 - 17:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		
	CORE-X 18:00 - 18:30 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		MOBILIZE 17:45 - 18:15 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		
	STUDIO CYCLE 19:00 - 19:45 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		STUDIO CYCLE 18:30 - 19:15 CARDIO ★★★★★ STRENGTH ★★★★★ FLEXIBILITY ★★★★★		



EASY
LIGHT
MODERATE
HARD
INTENSE