

Group Exercise Timetable - Quarter 4



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
07:00	GRIT Cardio (1) 30mins Julie	07:00	BodyPump (1) 60mins Alex	07:00	ICG Cycle (1) 45mins Geoff	07:00	BodyPump (1) 60mins Kevin	07:00	ICG Cycle (1) 45mins Ian	09:00	BodyPump (1) 60mins Kevin
09:30	Bootcamp 45mins Fitness	07:45	Athlete Yoga (2) 45mins Claire	07:00	GRIT Plyo (2) 30mins Julie	09:30	BodyPump (1) 45mins Lee	07:00	Core blast (2) 30mins Fitness	10:00	Express Cycle (2) 30mins Fitness
10:30	Aqua 45mins Tammy	08:30	Kettlebells (1) 30 mins Fitness	09:30	Express Cycle (1) 30mins Fitness	10:30	Movers (1) 45mins Fitness	09:30	Athlete Yoga (2) 45mins Claire	10:10	BodyAttack (1) 60mins Kevin
		10:00	Movers (1) 45mins Fitness					10:15		11:10	
										Sunday	
12:15	Kettlebells (1) 30mins Fitness	12:15	Pilates* (1) 45mins Claire	12:15	LBT (2) 45mins Fitness	12:15	Colour Cycle (1) 45mins Fitness	12:15	BodyPump (1) 45mins Kevin	10:00	ICG Cycle (2) 45mins Geoff
12:45	Express Abs (1) 15mins Fitness	12:15	Express Cycle (2) 30mins Fitness	12:15	BodyPump (1) 45mins Nicola	12:15	GRIT Cardio (2) 30mins Julie	12:10	Athlete Yoga (2) 45mins Claire	10:45	
12:15	ICG Cycle (2) 45mins Geoff	12:45	FT Bootcamp 45mins Fitness	13:00	Athlete Yoga (2) 45mins Claire	12:45	Kettlebells (1) 30mins Fitness	12:55	Express Bootcamp 30mins Fitness		
13:10	GRIT Plyo (1) 30mins Fitness	13:10	Hatha Yoga* (2) 45mins Sheila	13:10	Express Cycle (1) 30mins Fitness	13:10	Express Abs (1) 15mins Fitness	13:10			
17:30	Boxercise (1) 60mins Kevin	17:30	BodyPump (1) 45mins Dawid	17:30	Body blast (1) 45mins Fitness	17:30	ICG Cycle (2) 45mins Fitness	17:30	ICG Cycle (1) 45mins Fitness		
17:30	Colour Cycle (2) 45mins Toni	18:15	Hatha Yoga (2) 45mins Hayley	18:10	Pilates* (2) 45mins Claire	18:15	BodyPump (1) 45mins Lee				
18:40	BodyAttack (1) 45mins Kevin	18:30	GRIT Strength (2) 30mins Fitness	18:30	ICG Cycle*** (1) 60mins Geoff	19:00	Adult Swim Tech** 1 Hour Carol				
18:30	Kettlebells (2) 30 mins Fitness	19:00	Clubbercise (1) 60mins Tammy	19:30							

** Adult Swim Technique will start end of Sept
 ***Last Wednesday of every month this will be a 2 hour class

Class bookings can be made online by logging on to our online booking portal.
<https://member.nuffieldhealth.com/bookings/>
 To create an account you will need your membership number and email address that is registered to you on our membership system.

* An additional fee is required for these classes that require specialist instruction

- Aerobic
- Functional
- Indoor Cycle
- Strength
- Wellbeing