Group Exercise Timetable - **Quarter 1 2019**

Nuffield Health

Monday

07:00 07:30	GRIT Cardio **(1)** 30mins |**Julie**
09:30 10:15	Bootcamp 45mins |**Fitness**
10:30 11:15	Aqua 45mins |**Tammy**
12:15 12:45	Express Core **(1)** 30mins |**Fitness**
12:15 13:00	Spin **(2)** 45mins |**Geoff**
13:10 13:40	GRIT Plyo **(1)** 30mins |**Fitness**
17:30 18:30	Boxercise **(1)** 60mins |**Kevin**
17:30 18:15	Colour Spin **(2)** 45mins |**Toni**
18:40 19:25	BodyAttack **(1)** 45mins |**Kevin**

Tuesday

07:00 07:45	Spin **(2)** 45mins |**Fitness**
07:45 08:30	Athlete Yoga **(1)** 45mins |**Claire**
09:30 10:00	Kettlebells **(1)** 30 mins |**Fitness**
10:30 11:15	Movers **(1)** 45mins |**Fitness**
12:15 13:00	Pilates* **(1)** 45mins |**Claire**
12:15 12:45	Grit Strength **(2)** 30mins |**Dawid**
13:15 14:00	Hatha Yoga* **(2)** 45mins |**Sheila**
17:30 18:15	BodyPump **(1)** 45mins |**Dawid**
17:30 18:15	Wellbeing Yoga **(2)** 45mins |**Hayley**
18:30 19:00	GRIT Cardio **(2)** 30mins |**Fitness**
18:30 19:30	Clubbercise **(1)** 60mins |**Tammy**

Wednesday

07:00 07:45	Body Attack **(1)** 45mins |**Claire**
07:00 07:30	GRIT Strength **(2)** 30mins |**Julie**
12:15 13:00	LBT **(2)** 45mins |**Fitness**
12:15 13:00	BodyPump **(1)** 45mins |**Nicola**
13:10 13:55	Athlete Yoga **(2)** 45mins |**Claire**
17:30 18:15	BodyBlast **(1)** 45mins |**Fitness**
18:10 18:55	Pilates* **(2)** 45mins |**Claire**
18:30 19:30	Hour Spin **(1)** 60mins |**Geoff**

Thursday

07:00 08:00	BodyPump **(1)** 60mins |**Kevin**
09:30 10:15	BodyPump **(1)** 45mins |**Lee**
10:30 11:15	Movers **(1)** 45mins |**Fitness**
12:15 13:00	Spin **(1)** 45mins |**Fitness**
12:15 12:45	GRIT Plyo **(2)** 30mins |**Julie**
13:10 13:40	Kettlebells **(1)** 30mins |**Fitness**
17:30 18:15	Boxing Fitness **(1)** 45mins |**Fitness**
18:30 19:15	BodyPump **(1)** 45mins |**Lee**
18:30 19:00	Express Spin **(2)** 30mins |**Fitness**
19:00 20:00	Adult Swim Tech 60mins |**Carol**

Friday

07:00 07:45	Spin **(1)** 45mins |**Ian**
09:30 10:15	Athlete Yoga (2) 45mins |**Claire**
12:15 13:00	BodyPump **(1)** 45mins |**Kevin**
12:10 12:55	Athlete Yoga **(2)** 45mins |**Claire**
13:10 13:40	Express Spin **(2)** 30mins |**Fitness**
17:30 18:15	Club Spin **(2)** 45mins |**Geoff**

Saturday

09:00 10:00	BodyPump **(1)** 60mins |**Kevin**
09:30 10:00	Express Spin **(2)** 30mins |**Fitness**
10:10 11:10	BodyAttack **(1)** 60mins |**Kevin**

Sunday

10:00 10:45	Spin **(2)** 45mins |**Geoff**

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