



Group Exercise Timetable - Quarter 3 (20 August - 30 September)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|
| 07:00 GRIT Cardio (1) 07:30 30mins Julie | 07:00 BodyPump (1) 08:00 60mins Alex | 07:00 ICG Cycle (1) 07:45 45mins Geoff | 07:00 BodyPump (1) 08:00 60mins Kevin | 07:00 ICG Cycle (1) 07:45 45mins Ian | 09:00 BodyPump (1) 10:00 60mins Kevin |
| 09:30 Bootcamp 10:15 45mins Fitness | 07:45 Athlete Yoga (2) 08:30 45mins Claire | 07:00 GRIT Plyo (2) 07:30 30mins Julie | 07:15 GRIT Strength (2) 07:45 30mins Fitness | 09:30 Athlete Yoga (2) 10:15 45mins Claire | 09:00 Express Cycle (2) 09:30 30mins Fitness |
| 10:15 Aqua 11:00 45mins Tammy | 09:30 Kettlebells (1) 10:00 30 mins Fitness 10:30 Movers (1) 11:15 45mins Fitness | 09:30 Express Cycle (1) 10:00 30mins Fitness | 09:30 BodyPump (1) 10:15 45mins Hayley 10:30 Movers (1) 11:15 45mins Fitness | | 10:10 BodyAttack (1) 11:10 60mins Kevin |
| | | | | | Sunday |
| 12:15 Kettlebells (1) 12:45 30mins Fitness | 12:15 Pilates* (1) 13:00 45mins Claire | 12:15 LBT (2) 13:00 45mins Fitness | 12:15 Colour Cycle (1) 13:00 45mins Fitness | 12:15 BodyPump (1) 13:00 45mins Kevin | 09:00 Bootcamp 09:45 45mins Fitness |
| 12:45 Express Abs (1) 13:00 15mins Fitness | 12:15 Express Cycle (2) 12:45 30mins Fitness | 12:15 BodyPump (1) 13:00 45mins Nicola | 12:15 GRIT Cardio (2) 12:45 30mins Julie | 12:10 Athlete Yoga (2) 12:55 45mins Claire | 10:00 ICG Cycle (2) 10:45 45mins Geoff |
| 12:15 ICG Cycle (2) 13:00 45mins Geoff | 13:10 Bootcamp 13:50 45mins Fitness | 13:10 Athlete Yoga (2) 13:55 45mins Claire | 13:10 Kettlebells (1) 13:40 30mins Fitness | 13:10 Express Bootcamp 13:40 30mins Fitness | |
| 13:10 GRIT Plyo (1) 13:40 30mins Fitness | 13:15 Hatha Yoga* (2) 14:00 45mins Sheila | 13:10 Express Cycle (1) 13:40 30mins Fitness | 13:40 Express Abs (1) 13:55 15mins Fitness | | |
| 17:30 Boxercise (1) 18:30 60mins Kevin | 17:30 BodyPump (1) 18:15 45mins Dawid | 17:30 BodyAttack (1) 18:15 45mins Sue | 17:30 ICG Cycle (2) 18:15 45mins Fitness | 17:30 ICG Cycle (1) 18:15 45mins Fitness | |
| 17:30 Colour Cycle (2) 18:15 45mins Toni | 17:30 Yoga (2) 18:15 45mins Svitlana | 17:30 Kettlebells (2) 18:00 30mins Fitness | 18:30 Functional Circuit 19:15 45mins Fitness | | |
| 17:30 Lifting Technique 18:15 30mins Fitness | 18:30 GRIT Strength (2) 19:00 30mins Fitness | 18:10 Pilates* (2) 18:55 45mins Claire | 18:30 BodyPump (1) 19:15 45mins Lee | | |
| 18:40 BodyAttack (1) 19:25 45mins Kevin | 18:30 Clubbercise (1) 19:30 60mins Tammy | 18:30 ICG Cycle (1) 19:30 60mins Geoff | 19:00 Adult swim tech 20:00 1 Hour Carol | | |

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

