

Group Exercise Timetable January 7th - April 2nd 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00 ICG Cycle (2) 07:45 Fitness Team	07:00 GRIT / HIIT (1) 07:30 Fitness Team	07:00 BodyPump (1) 07:45 Fitness Team	07:00 Conditioning (1) 07:30 Fitness Team	07:00 ICG Cycle (2) 07:45 Fitness Team	09:30 Bootcamp (1) 10:15 Fitness Team
09:30 Kettlebells (1) 10:00 Fitness Team	09:30 BodyPump (1) 10:15 Lee Wiszniewski	09:30 BoxFit (1) 10:00 Fitness Team	09:30 ICG Cycle (2) 10:00 Fitness Team	09:30 BodyPump (1) 10:15 Lee Wiszniewski	10:30 Zumba (1) 11:15 Caitlyn O'Donnel
10:30 Aqua (Pool) 11:15 Fitness Team	10:30 Movers (1) 11:15 Fitness Team	10:30 Body Balance 11:15 Natalia Coker	10:30 Movers (1) 11:15 Fitness Team	10:30 Aqua (Pool) 11:15 Fitness Team	
12:15 Circuit (FT room) 13:00 Fitness Team	12:15 ICG Cycle (2) 13:00 Fitness Team	12:15 GRIT Strength (1) 12:45 Fitness Team 13:15 Yoga (1) 14:15 Taiba Green	12:15 ICG Cycle (2) 13:00 Fitness Team	12:15 Circuit (1) 13:00 Fitness Team	
17:30 ICG Cycle (2) 18:15 Fitness Team	17:30 Kettlebells (1) 18:15 Fitness Team	17:30 LBT (1) 18:15 Fitness Team	17:30 BodyPump (1) 18:15 Lee Wiszniewski	17:30 ICG Cycle (2) 18:15 Fitness Team	09:30 ICG Cycle (2) 10:15 Fitness Team
18:30 BodyPump (1) 19:15 Fitness Team	18:30 Zumba (1) 19:15 Giulia Baleno 19:10 ICG Cycle (2) 19:40 Fitness Team 19:30 Pilates Block* (1) 20:15 Judith Sansom	18:30 GRIT Athletic (2) 19:00 Fitness Team	18:30 ICG Cycle (2) 19:00 Fitness Team 19:00 Step 19:45 Steph Still		11:15 Conditioning (1) 11:45 Fitness Team
Aerobic	Functional	Indoor Cycle	Strength	Wellbeing	HIIT

*** Block booking class (additional fee)**
 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.