



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45 Les Mills GRIT/HIIT (1) 07:15 Fitness Team	06:45 Les Mills Body Combat (1) 07:30 Daniel James	06:45 Bootcamp (1) 07:30 Fitness Team	06:45 Les Mills Body Pump* (1) 07:30 Fitness Team	06:45 Les Mills GRIT/HIIT (1) 07:15 Fitness Team	08:30 Vinyasa Yoga (2) 09:15 Alicia McKay
09:30 Kettlebells (1) 10:10 Fitness Team	09:30 Les Mills Body Pump (1) 10:15 Lee Wiszniewski	09:30 ICG Cycle (2) 10:15 Fitness Team	09:30 ICG Cycle (2) 10:15 Fitness Team	09:30 Les Mills Body Pump (1) 10:15 Lee Wiszniewski	09:30 Bootcamp (1) 10:15 Fitness Team
10:45 Aqua (Pool) 11:30 Fitness Team	10:45 Movers (1) 11:30 Fitness Team	10:45 Les Mills Body Step (1) 11:30 Anna Baker	10:45 Movers (1) 11:30 Fitness Team	10:30 Vinyasa Yoga (1) 11:30 Marit Akintewe	10:30 Zumba (1) 11:15 Maria Isabel
		10:30 Walking Football 11:30 Fitness Team		10:45 Aqua (Pool) 11:30 Fitness	12:30 GogarRox (gym floor) 13:15 Laura Bucke
		11:30 Les Mills Pilates (2) 12:15 Elaine Henderson			
12:15 ICG Cycle (2) 13:00 Fitness Team	12:15 ICG Cycle (2) 13:00 Geoff Pendrill	12:15 Les Mills Grit Strength (1) 12:45 Fitness Team	12:15 Les Mills Body Pump HEAVY 13:00 Fitness Team		
12:15 Les Mills Body Pump* (1) 13:00 Fitness Team	12:15 GogarRox (gym floor) 13:00 Fitness Team	13:15 Yoga (1) 14:15 Alicia McKay	12:15 ICG Sprint (2) 12:45 Fitness Team		
	13:00 Les Mills Pilates (2) 13:45 Lee Wiszniewski		13:00 Pilates (1) 13:45 Annemarie Crozier	16:00 Yin Yoga (1) 17:00 Alicia McKay	
17:30 1h Cycle (2) 18:30 Fitness Team	17:45 Kettlebells (1) 18:30 Fitness Team	17:30 ICG Cycle (2) 18:15 Team Fitness	17:30 Full Body Toning (1) 18:15 Fitness Team	17:30 ICG Cycle (2) 18:15 Fitness Team	<b>Sunday</b>
18:30 Les Mills Body Pump* (1) 19:15 Fitness Team	18:00 Boxercise (2) 18:45 Andy Kerr	17:30 Step (1) 18:15 Brogan Bauld	18:30 ICG Cycle (2) 19:15 Team Fitness		09:00 ICG Cycle (2) 09:45 Fitness Team
19:30 Hatha Yoga (1) 20:30 Annemarie Crozier	18:45 Zumba (1) 19:30 Stephanie Knight	18:30 Les Mills Pilates (2) 19:15 Lee Wiszniewski	18:30 Les Mills Body Step (1) 19:15 Daniel James		13:30 Circuit Training 14:15 Laura Bucke
	19:45 Pilates (1) 20:30 Judith Sansom	18:30 Les Mills Body Pump HEAVY 19:15 Fitness Team	19:30 Les Mills Body Pump (1) 20:15 Andy Kerr		



\* Less Mills Body Pump may be delivered in new HEAVY format as a trail due to qualifications requirement this can be run as HIIT class depending on instructor availability

All Levels
Intermediate
Challenging
Aerobic/Dance
Wellbeing
Pool

Class bookings can be made 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.