

Indoor Group Exercise Timetable July 5th 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|
| 07:00 GRIT (1) 07:30 30mins 09:30 ICG Cycle (2) 10:15 45mins 10:30 Aqua 11:15 45mins | 09:30 Bodypump (1) 10:15 45 mins 10:30 Movers (1) 11:15 45mins | 07:00 ICG Cycle (2) 07:45 45mins 09:30 Kettlebells (1) 10:00 30 mins | 09:30 Circuits (1) 10:00 30mins 10:30 Movers (1) 11:15 45mins | 07:00 ICG Cycle (2) 07:45 45mins | 09:30 Bootcamp (1) 10:15 45mins 10:30 Zumba (1) 11:15 45mins |
| 12:15 Outdoor Bootcamp 13:00 30mins | 12:15 ICG Cycle (2) 13:00 45mins | 12:15 GRIT (1) 12:45 30mins 13:05 Couch to 5k 13:45 40mins | 12:15 ICG Cycle (2) 13:00 45mins 13:15 Stretch & Mobility (1) 13:45 45mins | 12:15 Outdoor Circuits (1) 13:00 45mins | 09:30 ICG Cycle (2) 10:15 45mins |
| 17:30 ICG Cycle (2) 18:15 45mins 18:30 Step aerobics (1) 19:15 45mins | 17:30 Bodyblast (1) 18:15 45mins 18:20 YOGA BLOCK (1)* 19:05 45mins 19:10 ICG Cycle (2) 19:40 30 mins | 17:30 Bodypump (1) 18:15 45 mins 18:20 GRIT (1) 18:50 30mins 19:00 Kettlebells (1) 19:30 30 mins | 17:30 Outdoor Bootcamp 18:15 45mins 18:30 ICG Cycle (2) 19:05 45mins | 17:30 ICG Cycle (2) 18:15 45mins | |

Please adhere to social distancing guidelines

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.

Additional fees apply

