



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45 <b>LES MILLS GRIT</b> CARDIO 07:15	06:45 <b>LES MILLS BODYCOMBAT</b> 07:30	06:45 <b>ICG</b> 07:30	06:45 <b>LES MILLS BODYPUMP</b> 07:30	06:45 Bootcamp (1) 07:30 Fitness Team	08:30 Yoga (2) 09:15 Sarah Cousins
09:30 Kettlebells (1) 10:10 Fitness Team	09:30 <b>LES MILLS BODYPUMP</b> 10:15	09:30 <b>ICG</b> 10:15	09:30 <b>ICG</b> 10:10	09:30 <b>LES MILLS BODYPUMP</b> 10:15	09:30 Bootcamp (1) 10:15 Fitness Team
10:45 Aqua (Pool) 11:30 Fitness Team	10:45 Movers (1) 11:30 Fitness Team	10:30 Step/LBT (1) 11:15 Fitness	10:45 Movers (1) 11:30 Fitness Team	10:30 Vinyasa Yoga (1) 11:30 Marit Akintewe	10:30 <b>ZUMBA FITNESS</b> 11:15
		10:30 Walking Football 11:30 Fitness Team		10:45 Aqua (Pool) 11:30 Fitness	
12:15 <b>ICG</b> 13:00	12:15 <b>ICG</b> 12:45	12:15 <b>LES MILLS GRIT</b> STRENGTH 12:45	12:15 <b>ICG</b> 12:45	12:15 <b>LES MILLS GRIT</b> ATHLETIC 12:45	
12:15 <b>LES MILLS GRIT</b> STRENGTH 12:45	12:00 Nat West Running 13:00 Geoff	13:15 Yoga (1) 14:15 Taiba Green	13:00 Pilates (2) 13:45 Carrie Douglas		
17:30 <b>ICG</b> 18:30	17:30 <b>LES MILLS GRIT</b> CARDIO 18:00	17:30 <b>LES MILLS BODYPUMP</b> 18:30	17:30 Kettlebells (2) 18:15 Fitness Team	17:30 <b>ICG</b> 18:15	Sunday
18:30 <b>LES MILLS BODYPUMP</b> 19:15	18:10 Kettlebells (1) 18:50 Fitness Team	18:45 <b>ICG</b> 19:30	17:45 Hatha Yoga (1) 18:45 Taiba Green		09:00 <b>ICG</b> 09:45
19:30 Hatha Yoga (1) 20:30 Annemarie Crozier	19:00 <b>ZUMBA FITNESS</b> 19:45		19:00 LBT (1) 19:45 Fitness		
	19:30 Pilates (2) 20:15 Judith Sansom		19:00 <b>LES MILLS BODYCOMBAT</b> 19:45		

**ICG** 30, 40, 45 or 60 min Spin classe (check time for duration)

**GRIT** can be run as HIIT class depending on instructor

All Levels
Intermediate
Challenging
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.