



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45 07:15 <b>LES MILLS GRIT</b>	06:45 <b>LES MILLS BODYCOMBAT</b> 07:30 <b>LES MILLS BODYPUMP</b>	06:45 <b>LES MILLS BODYPUMP</b> 07:30 <b>ICG</b>	06:45 Bootcamp (1) 07:30 Fitness Team	07:00 <b>ICG</b> 07:30 <b>ICG</b>	08:30 Yoga (1) 09:15 Sarah Cousins
09:30 Kettlebells (1) 10:10 Fitness Team	09:30 <b>LES MILLS BODYPUMP</b> 10:15 <b>LES MILLS BODYPUMP</b>	09:30 <b>ICG</b> 10:10 <b>ICG</b>	09:30 <b>ICG</b> 10:10 <b>ICG</b>	09:30 <b>LES MILLS BODYPUMP</b> 10:15 <b>LES MILLS BODYPUMP</b>	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 LBT (1) 11:15 Fitness 10:30 Walking Football 11:30 Fitness Team	10:45 Movers (1) 11:30 Fitness Team	10:30 Vinyasa Yoga (1) 11:30 Marit Akintewe 10:45 Aqua (Pool) 11:30 Carrie Douglas	10:30 <b>ZUMBA FITNESS</b> 11:15 <b>ZUMBA FITNESS</b>
12:15 <b>ICG</b> 13:00 <b>ICG</b>	12:15 <b>ICG</b> 12:45 <b>ICG</b>	12:15 <b>LES MILLS GRIT</b> 12:45 <b>LES MILLS GRIT</b>	12:15 Metcon (1) 12:45 Fitness Team	12:15 <b>LES MILLS BODYPUMP</b> 13:00 <b>LES MILLS BODYPUMP</b>	
12:15 <b>LES MILLS GRIT</b> 12:45 <b>LES MILLS GRIT</b>	12:15 <b>LES MILLS GRIT</b> 12:45 <b>LES MILLS GRIT</b>	13:15 Yoga (1) 14:15 Taiba Green	12:15 <b>ICG</b> 12:45 <b>ICG</b>	12:15 Training Support 13:15 Fitness Team	
17:30 <b>ICG</b> 18:30 <b>LES MILLS BODYPUMP</b> 18:30 <b>LES MILLS BODYPUMP</b> 19:15 <b>LES MILLS BODYPUMP</b>	17:30 <b>ICG</b> 18:00 <b>ICG</b> 18:10 Kettlebells (1) 18:50 Fitness Team 19:00 <b>ZUMBA FITNESS</b> 19:45 <b>ZUMBA FITNESS</b> 19:30 Pilates Block* (2) 20:15 Judith Sansom	17:30 5k Training 18:15 Geoff Pendrill 17:45 <b>ICG</b> 18:30 <b>ICG</b> 18:30 <b>LES MILLS BODYPUMP</b> 19:15 <b>LES MILLS BODYPUMP</b>	16:00 Metcon (1) 16:30 Fitness Team 17:45 Hatha Yoga (2) 18:45 Taiba Green 19:00 <b>ZUMBA FITNESS</b> 19:45 <b>ZUMBA FITNESS</b> 19:00 <b>LES MILLS BODYCOMBAT</b> 19:45 <b>LES MILLS BODYCOMBAT</b>	17:30 <b>ICG</b> 18:15 <b>ICG</b>	Sunday 09:30 <b>ICG</b> 10:15 <b>ICG</b>

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

**LES MILLS GRIT** can be run as HIIT or Metcon class depending on instructor

All Levels
Intermediate
Challenging
Dance
Wellbeing
Pool

\* Pilates - Block booking class (additional fee)

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.