

2024 Summer Timetable (01.07 - 01.09)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45 GRIT / HIIT (1) 07:15 Fitness Team	06:45 ICG Cycle (2) 07:30 Fitness Team	07:00 Body Pump 07:45 Fitness Team	06:45 Bootcamp (1) 07:30 Fitness Team	07:00 ICG Sprint (2) 07:30 Fitness Team	09:30 Bootcamp (1) 10:15 Fitness Team
09:30 Kettlebells (1) 10:10 Fitness Team	09:30 BodyPump (1) 10:15 Lee Wiszniewski		09:30 ICG Cycle (2) 10:10 Fitness Team	09:30 BodyPump (1) 10:15 Lee Wiszniewski	10:30 Zumba (1) 11:15 Maria Isabel
10:45 Aqua (Pool) 11:30 Fitness Team	10:45 Movers (1) 11:30 Fitness Team	10:00 LBT (1) 10:45 Fitness	10:45 Movers (1) 11:30 Fitness Team	10:30 Vinyasa Yoga (1) 11:30 Marit Akintewe	
		10:30 Walking Football 11:30 Fitness Team		10:45 Aqua (Pool) 11:30 Fitness Team	
12:15 ICG Cycle (2) 13:00 Fitness Team	12:15 ICG Sprint (2) 12:45 Fitness Team	12:15 GRIT Strength (1) 12:45 Fitness Team	12:15 Body Pump (1) 13:00 Fitness Team		Sunday
	12:15 GRIT / HIIT (1) 12:45 Fitness Team		12:15 ICG Sprint (2) 12:45 Fitness Team	12:15 Training Support 13:15 Fitness Team	09:30 ICG Cycle (2) 10:15 Fitness Team
		13:15 Hatha Yoga (1) 14:15 Annemarie Crozier			
17:30 ICG Cycle (2) 18:30 Fitness Team	17:30 ICG Sprint (2) 18:00 Fitness Team	17:30 5k Training 18:15 Geoff Pendrill		17:30 ICG Cycle (2) 18:15 Fitness Team	
18:30 BodyPump (1) 19:15 Fitness Team	18:10 Kettlebells (1) 18:50 Fitness Team	17:45 ICG Cycle (2) 18:30 Fitness			
19:30 Hatha Yoga (1) 20:30 Annemarie Crozier	19:00 Zumba (1) 19:45 Giulia Baleno	18:30 Body Pump (1) 19:15 Fitness	19:00 Dance Tone (1) 19:45 Giulia Baleno		
	19:30 Pilates Block* (2) 20:15 Judith Sansom				

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.