

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday						
7:00	NuCycle Escape	Nucycle Studio	7:00	BODYPUMP	Studio 1	7:00	NuCycle Escape	Nucycle Studio	7:00	BODYPUMP	Studio 1	7:00	NuCycle Escape	Nucycle Studio	11:15	Circuits	Gym floor	8:30	NuCycle Escape	NuCycle Studio				
7:45	45mins Virtual		8:00	60mins Kelly		7:45	45mins Virtual		8:00	60mins Robert		7:45	45mins Virtual		11:45	30mins Gym Team		9:30	60mins Virtual					
7:15	Pilates	Studio 3	12:15	LBT	Studio 2	7:30	Abs	Gym floor	12:15	BODYCOMBAT	Studio 1	7:30	Abs	Gym floor	12:00	Stretch and Relax	Studio 3	11:00	Circuits	Gym floor				
8:15	60mins Fay		13:00	45mins Felicity		7:45	15mins Gym Team		13:00	45mins Pedro		7:45	15mins Gym Team		12:30	30mins Gym Team		11:30	30mins Gym Team					
7:30	Abs	Gym floor	12:15	RPM	Nucycle Studio	7:45	Suspension Training	Gym floor	12:15	Yoga Ashtanga	Studio 3	7:45	Suspension Training	Gym floor	13:00	BODYPUMP	Studio 1	11:00	NuCycle Escape	NuCycle Studio				
7:45	15mins Gym Team		12:45	30mins Kelly		8:15	30mins Gym Team		13:15	60mins Andrea		8:15	30mins Gym Team		14:00	60mins Dean		11:45	45mins Virtual					
7:45	Suspension Training	Gym floor	12:15	Intervals	Gym floor	12:00	Pilates	Studio 3	12:30	NuCycle Freestyle	Nucycle Studio	12:15	BODYPUMP	Studio 1	14:00	Abs	Gym floor	14:15	Circuits	Gym floor				
8:15	30mins Gym Team		12:45	30mins Gym Team		13:00	60mins Orsi		13:00	30mins Felicity		13:00	45mins Felicity		14:15	15mins Gym Team		14:45	30mins Gym Team					
12:00	Pilates	Studio 3	13:00	Fusion Flow	Studio 2	12:15	LBT	Studio 1	12:15	Intervals	Gym floor	12:15	Zumba	Studio 2	14:15	Circuits	Gym floor	14:45	NuCycle Escape	NuCycle Studio				
13:00	60mins Disa		14:00	60mins Orsi		13:00	45mins Disa		12:45	30mins Gym Team		13:00	45mins Disa		14:45	30mins Gym Team		15:30	45mins Virtual					
12:15	BODYATTACK	Studio 1	13:00	BODYPUMP	Studio 1	12:30	JumpFit	Studio 2	12:15	BODYPUMP	Studio 1	12:15	Circuits	Gym floor	14:45	NuCycle Escape	Nucycle Studio							
13:00	45mins Felicity		13:45	45mins Felicity		13:00	30mins Pedro Miele		13:00	45mins Felicity		13:45	30mins Gym Team		15:30	45mins Virtual								
12:30	Capoeira	Studio 2	17:00	Pilates	Studio 3	12:15	Circuits	Gym floor	17:00	Yoga Ashtanga	Studio 3	12:45	BoxFit	Studio 3	Themed classes, where you can have some fun whilst getting fit.									
13:00	45mins Stathis		18:00	60mins Orsi		12:45	30mins Gym Team		18:15	75mins Andrea		13:30	45mins Kat											
12:30	BoxFit	Gym floor	17:15	Zumba	Studio 2	13:00	Restorative Hatha Yoga	Studio 3	17:15	LBT	Studio 2	13:00	Tone	Studio 2						Holistic classes, where you take care of your mind, stretch, energise and relax				
13:00	30mins Jez		18:00	45mins Disa		14:00	60mins Orsi		18:00	45mins Gym team		13:45	45mins Felicity											
13:00	BODYPUMP	Studio 1	17:15	Abs	Gym floor	16:30	Introduction to Yoga	Studio 3	17:15	Dance Fit	Studio 2	16:45	Stretch and Relax	Studio 3										
14:00	60mins Felicity		17:30	15mins Gym Team		17:15	45mins Andrea		18:00	45mins Barbora		17:15	30mins Gym Team											
14:00	Intervals	Gym floor	17:30	Circuits	Gym floor	17:30	Rocket Yoga	Studio 3	17:15	Abs	Gym floor	17:45	NuCycle Escape	Nucycle Studio	Burn calories with some cardio training, including the most varied techniques									
14:30	30mins Gym Team		18:00	30mins Gym Team		18:45	75mins Andrea		17:30	15mins Gym Team		18:15	30mins Virtual											
17:00	BODYBALANCE	Studio 1	17:45	BODYPUMP	Studio 1	17:30	BODYPUMP	Studio 1	17:30	Intervals	Gym floor	The best that you can have for fitness, a combination of strength and cardio, to make your muscles work and your heart beat												
17:45	45mins Pedro		18:30	45mins Tony		18:15	45mins Mel		18:00	30mins Gym Team														
17:45	BODYCOMBAT	Studio 1	18:00	Nucycle Freestyle	Nucycle Studio	17:45	NuCycle Escape	Nucycle Studio	18:00	BODYBALANCE	Studio 2						Looking forward to hearing your feedback							
18:30	45mins Pedro		18:45	45mins Sam		18:15	30mins Virtual		18:45	45mins Sam														
17:45	NuCycle Escape	Nucycle Studio	18:00	Restorative Hatha Yoga	Studio 3	18:30	Intervals	Gym floor	18:00	Nucycle Freestyle	Nucycle Studio	Please be aware that the booking app is only available to consumer clubs not corporate sites.												
18:15	30mins Virtual		19:00	60mins Orsi		19:00	30mins Gym Team		18:45	45mins														
18:35	GRIT Strength	Studio 1																						
19:05	30mins Pedro																							



Nuffield Health

GRANTA PARK

Timetable starting

from 10/02/2020

Please be aware that the booking app is only available to consumer clubs not corporate sites.

To book classes please use our online system via the following link:

<https://member.nuffieldhealth.com/bookings/login.asp>