

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
			<div><div>7:00 8:00</div><div>BODYPUMP 60mins Sam</div></div> Studio 1						<div><div>7:00 8:00</div><div>BODYPUMP 60mins Sam</div></div> Studio 1						<div><div>10:00 11:00</div><div>Nucycle Escape 60mins Virtual</div></div> Nucycle Studio					
12:00 13:00	Ashtanga Yoga 60mins Cate	Studio 3	12:00 13:00	Pilates 60mins Disa	Studio 3	12:00 13:00	Hatha Yoga 60mins Jeffi	Studio 3	12:00 13:00	Pilates 60mins Emma	Studio 3	12:00 13:00	Hatha Yoga 60mins Jeffi	Studio 3	12:45 13:15	HIIT class 30mins Gym Team	Gym Floor			
12:15 13:00	BODYPUMP 45mins Felicity	Studio 1	12:15 12:45	HIIT class 30mins Gym Team	Gym Floor	12:15 13:00	BODYPUMP 45mins Felicity	Studio 1	12:15 13:00	BODYCOMBAT 45mins Felicity	Studio 1	12:15 12:45	HIIT class 30mins Gym Team	Gym Floor						
12:15 13:00	Zumba 45mins Emma	Studio 2				12:30 13:15	Nucycle Freestyle 45mins Mark	Nucycle Studio				12:30 13:00	Nucycle Escape 30mins Virtual	Nucycle Studio						
12:30 13:00	Nucycle Escape 30mins Virtual	Nucycle Studio																		
17:15 17:45	HIIT class 30mins Gym Team	Gym Floor	17:15 18:00	BODYCOMBAT 45mins Sam	Studio 1	17:30 18:15	Nucycle Escape 45mins Virtual	Nucycle Studio	17:10 17:55	BODYBALANCE 45mins Sam	Studio 3	17:15 18:15	Pilates 60mins Emma	Studio 3	<div><div><div></div></div><div>Nuffield Health</div><div>GRANTA PARK</div></div>					
17:30 18:15	BODYPUMP 45mins Mel	Studio 1	17:15 18:15	Hatha Yoga 60mins Jeffi	Studio 3	18:00 18:30	HIIT class 30mins Gym Team	Gym Floor	17:30 18:15	LBT 45mins Gym Team	Studio 1	17:15 17:45	HIIT class 30mins Gym Team	Gym Floor						
17:30 18:15	Nucycle Escape 45mins Virtual	Nucycle Studio	18:00 18:45	Nucycle Freestyle 45mins Sam	Nucycle Studio	18:15 19:00	Zumba 45mins Emma	Studio 1	18:00 18:45	Nucycle Freestyle 45mins Sam	Nucycle Studio	17:30 18:15	Nucycle Escape 45mins Virtual	Nucycle Studio						
Themed classes, where you can have some fun whilst getting fit.																				
Holistic classes, where you take care of your mind, stretch, energise and relax																				
Muscular strength and toning, build up some power for your body																				
Burn calories with some cardio training, including the most varied techniques																				
The best that you can have for fitness, a combination of strength and cardio, to make your muscles work and your heart beat																				
Looking forward to hearing your feedback																				