

Group Exercise Timetable May 30th - August 28th 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00 ICG Cycle (2) 07:45 Fitness Team	07:00 GRIT / HIIT (1) 07:30 Fitness Team	07:00 BodyPump (1) 07:45 Fitness Team	07:00 Circuit (1) 07:30 Fitness Team	07:00 ICG Cycle (2) 07:45 Fitness Team	
09:30 Kettlebells (1) 10:00 Fitness Team	09:30 BodyPump (1) 10:15 Lee	09:30 BoxFit (1) 10:00 Fitness Team	09:30 ICG Cycle (2) 10:00 Fitness Team		09:30 Bootcamp (1) 10:15 Fitness Team
10:30 Aqua (Pool) 11:15 Fitness Team	10:30 Movers (1) 11:15 Fitness Team		10:30 Movers (1) 11:15 Fitness Team	10:30 Aqua (Pool) 11:15 Fitness Team	10:30 Zumba (1) 11:15 Terri/Jenny
12:15 Circuit (FT) 13:00 Fitness Team	12:15 ICG Cycle (2) 13:00 Geoff	12:15 GRIT Strength (1) 12:45 Fitness Team	12:15 Colour Cycle (1) 12:45 Fitness Team	12:15 Circuit (1) 13:00 Fitness Team	
		13:15 Yoga (2) 14:15 Taiba			Sunday
					09:30 ICG Cycle (2) 10:15 Fitness Team
17:30 Colour Cycle (1) 18:15 Fitness Team	17:30 Kettlebells (1) 18:15 Fitness Team	17:30 GRIT Athletic (1) 18:00 Fitness Team	17:30 BodyPump (1) 18:15 Lee	17:30 ICG Cycle (2) 18:15 Fitness Team	
18:30 BodyPump (1) 19:15 Fitness Team	18:30 Zumba (1) 19:15 Jenny	18:15 Outdoor Fitness 19:00 Fitness Team	18:30 ICG Cycle (2) 19:00 Fitness Team		
	19:10 ICG Cycle (2) 19:40 Fitness Team		19:00 Step (1) 19:45 Shallon		
	19:30 Pilates Block* (1) 20:15 Judith				

 Aerobic
 Functional
 Indoor Cycle
 Strength
 Wellbeing
 HIIT

*** Block booking class (additional fee)**

Class bookings can be made online 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.