

Group Exercise Timetable - Autumn

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07:00	Cycle 45mins	07:00	Cycle 45mins	07:00	Cycle 45mins	07:45	Yoga 45mins	07:00	Cycle 45mins	09:30	Cycle 45mins	11:00	Cycle 45mins
07:45	Virtual Scenic Lower Studio	07:45	Virtual Scenic Lower Studio	07:45	Virtual Scenic Lower Studio	08:30	Jeannie Upper Studio	07:45	Virtual Scenic Lower Studio	10:15	Virtual Scenic Lower Studio	11:45	Virtual Scenic Lower Studio
07:45	Kettle Bells 45mins	11:00	Cycle 20mins	07:45	HIIT 45mins	11:30	Zumba 45mins	11:30	Pilates 45mins	11:00	Cycle 30mins	12:00	Yoga 60mins
08:30	Arran Upper Studio	11:20	Virtual HIIT Lower Studio	08:30	Stephen Upper Studio	12:15	Anissa Upper Studio	12:15	Ania Upper Studio	11:30	Virtual Instructor Lower Studio	13:00	Gayle Upper Studio
11:30	Insanity 45mins	11:30	Kettle Bells 45mins	11:30	Cardio Combat	11:30	Cycle 30mins	12:30	Bootcamp 45mins	13:00	Bootcamp 45mins	15:30	Cycle 45mins
12:15	Georgie Upper Studio	12:15	Anissa Upper Studio	12:15	45mins Ali Upper Studio	12:00	Virtual Instructor Lower Studio	13:15	Anissa Upper Studio	13:45	Gym Team Upper Studio	16:15	Virtual Scenic Lower Studio
12:30	Bootcamp 45mins	12:30	Spinvincible	11:00	Cycle 20mins	12:30	P90X 60mins	13:30	Boxercise 45mins	15:30	Cycle 45mins	18:00	Cycle 45mins
13:15	Jon Upper Studio	13:15	45mins Anissa Lower Studio	11:20	Virtual HIIT Lower Studio	13:30	Ali Upper Studio	14:15	Gym Team Upper Studio	16:15	Virtual Scenic Lower Studio	18:45	Virtual Scenic Lower Studio
13:30	Cardio Combat	13:30	HulaFit 30mins	12:30	Insanity 45mins	13:45	Stretch & Abs	15:45	Cycle 45mins	18:00	Cycle 20mins		
14:15	45mins Ali Upper Studio	14:00	Georgie Upper Studio	13:15	Georgie Upper Studio	14:30	45mins Stephen Upper Studio	16:30	Virtual Scenic Lower Studio	18:20	Virtual HIIT Lower Studio		
15:45	Cycle 30mins	15:45	Cycle 30mins	14:00	Pilates 45mins	14:30	Cycle 20mins	17:30	Cycle 20mins				
16:15	Virtual Instructor Lower Studio	16:15	Virtual Instructor Lower Studio	14:45	Ania Upper Studio	14:50	Virtual HIIT Lower Studio	17:50	Virtual HIIT Lower Studio				
17:30	Pilates 45mins	17:30	P90X 45mins	15:45	Cycle 30mins	17:30	Spinvincible	19:00	Cycle 30mins				
18:15	Ania Upper Studio	18:15	Ali Upper Studio	16:15	Virtual Instructor Lower Studio	18:15	45mins Anissa Lower Studio	19:30	Virtual Instructor Lower Studio				
17:30	Spin 45mins	18:30	Boxercise 45mins	17:30	LBT 45mins	18:30	Functional Fitness						
18:15	Stephen Lower Studio	19:15	Stephen Upper Studio	18:15	Anissa Upper Studio	19:15	45mins Jon Upper Studio						
18:30	Yoga 60mins	19:30	Cycle 45mins	18:30	Body Blitz 45mins	20:00	Cycle 30mins						
19:30	Ania Upper Studio	20:15	Virtual Scenic Lower Studio	19:15	Arran Upper Studio	20:30	Virtual Instructor Lower Studio						
20:00	Cycle 30mins			19:15	Cycle 45mins								
20:30	Virtual Instructor Lower Studio			20:00	Virtual Scenic Lower Studio								

- Strengthening**
- Mind & Body**
- Conditioning**
- Cycle**

Class bookings must be made online by logging on to our booking portal
<https://member.nuffieldhealth.com/bookings>

To create an account you will need your Nuffield card number and email address that is registered to you on our membership system.



A minimum of 2 participants are required for each class to take place

Cost: £3.50 for 30min class, £4.50 for 45min class, £5.50 for 60min

Class Cards: £30 for 10 classes and £55 for 20 classes

Virtual Classes: Free of charge