

Group Exercise Timetable 1 2020



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
07:00	GRIT Cardio (1)	07:00	BodyPump (2)	07:00	Spin (2)	07:00	BodyPump (1)	07:00	Spin (1)	09:00	BodyPump (1)
07:30	30mins Julie	07:45	45mins Steve	07:45	45mins Fitness	08:00	60mins Kevin	07:45	45mins Ian	10:00	60mins Kevin
09:30	Circuits	07:45	Athlete Yoga (1)	07:00	GRIT (1)	09:30	BodyPump (1)	09:30	Athlete Yoga (2)	09:30	Express Spin (2)
10:15	45mins Fitness	08:30	45mins Frankie	07:30	30mins Julie	10:15	45mins Lee	10:15	45mins Claire	10:00	30mins Fitness
10:30	Aqua	09:30	Kettlebells (1)	09:30	Express Spin (2)	10:30	Movers (1)			10:10	BodyAttack (1)
11:15	45mins Fitness	10:00	30 mins Fitness	10:00	30mins Fitness	11:15	45mins Fitness			11:10	60mins Kevin
		10:30	Movers (1)			12:15	Colour Spin (2)				
		11:15	45mins Fitness			13:00	45mins Fitness				
12:15	Express Core (1)	12:15	Pilates* (1)	12:15	LBT (2)	12:15	GRIT Cardio (1)	12:15	BodyPump (1)	10:00	Spin (2)
12:45	30mins Fitness	13:00	45mins Claire	13:00	45mins Fitness	12:45	30mins Julie	13:00	45mins Kevin	10:45	45mins Geoff
12:15	Spin (2)	12:15	Grit Strength (2)	12:15	BodyPump (1)	12:15	Lifting technique	12:10	Athlete Yoga (2)		
13:00	45mins Geoff	12:45	30mins Dawid	13:00	45mins Nicola	13:00	45mins Juliet/Fitness	12:55	45mins Claire		
13:10	Workout of the day	13:15	Hatha Yoga* WR	13:10	Workout of the day	13:10	Kettlebells (1)	13:10	Workout of the day		
13:40	30mins Fitness	14:00	45mins Sheila	13:40	30mins Fitness	13:40	30 mins Fitness	13:40	30mins Fitness		
		13:10	Express Spin (2)	13:10	Athlete Yoga (2)	17:30	Express Spin (2)				
		13:40	30mins Fitness	13:55	45mins Claire	18:00	30mins Fitness				
17:30	Total Tone (1)	17:30	BodyPump (1)	17:30	Bodyblast(1)	17:30	Circuits (1)	17:30	Spin (2)	14:00	Canrehab circuits *
18:15	45mins Kevin	18:15	45mins Rachel	18:15	45 mins Fitness	18:15	45mins Fitness	18:15	45mins Fitness	15:00	60 mins Julie
17:30	Colour Spin (2)	17:30	Athlete Yoga (2)	17:30	Grit mixup(2)	18:30	BodyPump (1)				
18:15	45mins Geoff	18:15	45mins Claire	18:00	30mins Fitness	19:15	45mins Lee				
18:25	BodyAttack (1)	18:30	Step Aerobics (1)	18:10	Pilates Matwork* (2)	18:30	Zumba (2)				
19:10	45mins Kevin	19:15	45 mins Rachel	18:55	45mins Claire	19:15	45mins Terri				
		18:30	GRIT Athletic (2)	18:30	Hour Spin (1)	19:00	Adult Swim tech				
		19:00	30mins Fitness	19:30	60mins Toni	20:00	60mins Carol				

Sunday

Thursday only can be booked at reception

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.

* An additional fee is required for these classes that require specialist instruction

- Aerobic
- Functional
- Indoor Cycle
- Strength
- Wellbeing