

Whitgift Class Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 18:00 – 19:00	Body Pump 18:00 – 19:00	Pilates 18:00 – 19:00	Express Circuits 18:30-19:00	Express Spin 18:15- 18:45	Boxing Workout 9:45-10:15	Yoga 10:45 – 11:45
Zumba 19:00 – 19:45	Body Balance 19:00 – 20:00	Core Conditioning 19:00 – 19:30	Sh'Bam 19:00 -19:45		Body Balance 10:15 – 11:00	
Express Circuit 20:00 – 20:30	Spin 19:15 – 20:00	Circuit Training 19:30 – 20:15	Spin 19:15 – 19:45		Circuits 10:30 – 11:30	
	Boot Camp 20:00 – 20:45	Spin 20:20-20:50				
			<i>Online Booking:</i> https://member.nuffieldhealth.com/bookings/login.asp			

Membership price list

Membership Options	Admin Fee	Monthly DD	Annual Membership
Single	£10.00	£37.50	£375.00
Joint	£10.00	£58.00	£580.00
Whitgift School Staff Single	N/A	£12.00	£120.00
Whitgift School Staff Joint	N/A	£18.00	£180.00
Child 5 -15	N/A	£8.00	£80.00
Student 16 - 18	N/A	£13.00	£130.00
Old Palace/ Whitgiftian/Trinity Staff single	N/A	£23.00	£230.00
Old Palace/ Whitgiftian/Trinity Staff Joint	N/A	£35.00	£350.00

Children who are pupils of the school are free of charge if a parent is a member.

Open times: Monday – Friday 6pm – 10pm
Saturday & Sunday 8am – 4pm

Guest fee's: Adult £8.00 Junior £5.00

Maximum of two guests per member each day. All guest must be accompanied by the member.

Swimming Timetable

Nuffield Member Lanes 1-2

Monday	6pm – 9pm
Tuesday	6pm – 9pm
Wednesday	6pm – 8:30pm
Thursday	6pm – 9pm
Friday	6pm – 9pm
Saturday	8am – 4pm
Sunday	8am – 4pm



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