



GROUP EXERCISE TIMETABLE

INCORPORATING THE GATEWAY GYM'S 'MOVING ONLINE' LIVESTREAMED SESSIONS AS WELL AS FACE-TO-FACE AND BLENDED SESSIONS - SIMPLY CHOOSE HOW YOU WANT TO TAKE PART !

M	T	W	T	F	S	S
Fitness Pilates 1215-1300 	Yogalates 1215-1300 	Yoga 1215-1245 	Tai Chi 12.15-1300 	Bootcamp 0700-0745 	Group Cycling 0915-1000 	Relax All day!
Pilates 1715-1800 	Abs and Core 1715-1745 	Upper Body Conditioning 1730-1800 	Fitness Fusion 17.15-1800 	Pilates 1215-1300 	Pump Blast 1015-1045 	
Group Cycling 1730-1815 	Cardio Funk 1800-1845 	HIIT 1815-1845 	Group Cycling 1815-1900 	Cardio HIIT 1700-1730 		
Body Blitz 1815-1900 	Pump Blast 1900-1930 	Group Cycling 1900-1945 	Lower Body Conditioning 1815-1845 			
Burlexercise® 1915-2000 			Pump Blast 1910-1940 			

- Mind/Body
- Strength/Tone
- Cardio/Endurance
- Livestreamed Session
- Face-to-Face Session
- Blended Session

BucksGatewayGym



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1891