




GROUP EXERCISE TIMETABLE

FACE-TO-FACE & LIVESTREAMED OPTIONS

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Fitness Pilates 1215-1300 👤	HIIT 0715-0745 👤	Pilates 1715-1800 👤	Tai Chi 1215-1300 👤	Bootcamp 0700-0745 👤	Group Cycling 0900-0945 👤	Functional Flow 1100-1130 📶
Varsity Spin and Core 1645-1730 👤	Yoga 1215-1300	RigFit Total Body 1730-1800 👤	Fitness Fusion 1730-1800 📶👤	Pilates 1215-1300 👤	Pump Blast 1000-1030 👤	
Body Blitz 1730-1815 👤	Dance Fit 1810-1855 👤	Legs, Bums & Tums 1810-1855 👤	Bootyful® 1810-1855 👤	Abs and Core 1700-1730 📶👤		
RigFit Core 1735-1805 👤	Kettlebell Blast 1905-1935 👤	Group Cycling 1810-1855 👤	Group Cycling 1810-1855 👤	Zumba® 1740-1825 👤		
Group Cycling 1810-1855 👤	Cycle Blast 1940-2010 👤	Circuit Blast 1905-1935 👤	Pump Blast 1905-1935 👤			
Burlexercise® 1825-1910 👤						
Pole Fitness Taster 1930-2030 👤		SCAN HERE FOR MORE INFO AND UP-TO-DATE TIMETABLE CHANGES				

- Mind/Body
- Strength/Tone
- Cardio/Endurance
- Dance style
- 📶 Livestreamed
- 👤 Face-to-Face
- 📶👤 Dual Delivery
- 1st Monday of the month

  [bnugatewaygym](https://www.instagram.com/bnugatewaygym)

