



# GROUP EXERCISE

## FACE-TO-FACE & LIVESTREAMED OPTIONS

M	T	W	T	F	S	S
<b>Fitness Pilates</b> 1215-1300 ☺	<b>Yoga</b> 1215-1300 ☺	<b>Pilates</b> 1715-1800 ☺	<b>Tai Chi</b> 1215-1300 ☺	<b>Bootcamp</b> 0700-0745 ☺	<b>Group Cycling</b> 0830-0915 ☺	<b>Functional Flow</b> 1100-1130 ☺
<b>Body Blitz</b> 1730-1815 ☺	<b>Abs and Core</b> 1730-1800 ☺	<b>Legs, Bums &amp; Tums</b> 1805-1850 ☺	<b>Fitness Fusion</b> 1730-1800 ☺	<b>Pilates</b> 1215-1300 ☺	<b>Pump Blast</b> 0930-1000 ☺	
<b>RigFit Core</b> 1730-1800 ☺	<b>Dance Fit</b> 1810-1855 ☺	<b>Group Cycling</b> 1810-1855 ☺	<b>Bootyful®</b> 1810-1855 ☺	<b>Kettlebell Blast</b> 1700-1730 ☺		
<b>Group Cycling</b> 1810-1855 ☺	<b>Cardio HIIT</b> 1905-1935 ☺	<b>Zumba®</b> 1855-1940 ☺	<b>Group Cycling</b> 1810-1855 ☺	<b>RockFit</b> 1745-1815 ☺		
<b>Burlexercise®</b> 1825-1910 ☺	<b>Pole Fitness Intermediate</b> 1945-2045 ☺	<b>RigFit Circuit Blast</b> 1900-1930 ☺	<b>Pump Blast</b> 1905-1935 ☺			
<b>Pole Fitness Beginner</b> 1930-2030 ☺		<b>Yoga</b> 1945-2030 ☺				

- Mind/Body
- Strength/Tone
- Cardio/Endurance

- ☺ Dance style
- ☺ Livestreamed
- ☺ Face-to-Face
- ☺ Dual Delivery

☺ Course: [fitness@bucks.ac.uk](mailto:fitness@bucks.ac.uk) for information



**SCAN HERE**  
FOR MORE INFO AND UP-TO-DATE  
TIMETABLE CHANGES

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



BUCKINGHAMSHIRE  
NEW UNIVERSITY  
EST. 1891