



GROUP EXERCISE

at Gateway Gym

M T W T F S S

Cardio HIIT 0715-0745	Yoga 1215-1300	Pilates 1725-1810	Tai Chi 1215-1300	Bootcamp 0630-0715	Group Cycling 0830-0915	Yoga Flow 1700-1745
Fitness Pilates 1215-1300	Kettlebell Blast 1730-1800	Body Blitz 1815-1900	Fitball 1730-1800	Pilates 1215-1300	Pump Blast 0930-1000	
Boxfit 1730-1815	HIIT Cycle 1730-1800	Group Cycling 1815-1900	Group Cycling 1810-1855	RockFit 1745-1830		
RigFit Core 1730-1800	Dance Fusion 1810-1855	Dance Fit 1905-1950	Step Conditioning 1810-1855			
Group Cycling 1815-1900	Pump Blast 1900-1930	RigFit Total Body 1905-1935	Fitness Fusion 1900-1945			
Circuit Conditioning 1830-1915		Yoga 1955-2040				

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



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CHANGES AND TO BOOK ONLINE

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