



# GROUP EXERCISE

## at Gateway Gym

M	T	W	T	F	S	S
Pilates 1210-1255	F.I.T AM 0615-0700	Strength 0615-0700	Yoga 1205-1300	Power Cycle 0615-0700	Group Cycle 0830-0915	Free 60 19.00-20.00
BNU Boogie 1300-1345	RigFit Circuits 1730-1800	Bite-Size Bootcamp 1730-1800	Strength Blast 1745-1815	Yogalates 1215-1300	Pump Blast 0930-1000	
RigFit Core 1730-1800	Pilates 1815-1900	Dance Fit 1810-1855	Step Aerobics 1730-1815	Zumba 1715-1800		
Dance Fit 1815-1900	Core Cycle 1810-1855	Yoga 1905-2000	Boxfit 1825-1910			
Group Cycle 1815-1900						
Yogalates 1910-1955						



SCAN HERE  
FOR INFORMATION AND TO  
BOOK ONLINE



bnugatewaygym

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

This key broadly identifies the session focus



BUCKINGHAMSHIRE  
NEW UNIVERSITY  
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- Free 60 - invite family and friends for FREE. Booking essential. Scan QR code for details
- Collect equipment from Gym Team. 45 minute sessions start at 0615, 0700 and 0745