

CLASS TIMETABLE

MONDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30					
07.30–08.00					
08.00–08.30					
08.30–09.00			Aqua (Outdoor) 08.15–9.00 with Verity		
09.00–09.30	Fit Ball 09.00–10.00 with Louise	Circuits 09.00–10.00 with Alfie			
09.30–10.00					
10.00–10.30	Men's Pilates 10.00–11.00 with Beata			Group Gym Training 10.00–11.00 with Alfie	Tennis Cardio 10.00–11.00 with Tom
10.30–11.00		Yoga 10.30–11.30 with Nicky			
11.00–11.30	Pilates 11.00–12.00 with Beata				Tennis HIIT 11.00–12.00 with Tom
11.30–12.00		Body Conditioning 11.30–12.30 with Alfie			
12.00–12.30					
12.30–1.00		Boxfit 12.30–1.20 with Alfie			
1.00–1.30					
1.30–2.00					
2.00–2.30					
2.30–3.00					
3.00–3.30		Suspension 3.00–4.00 with Steve			
3.30–4.00					
4.00–4.30				Group Gym Training 4.00–5.00 with Steve	
4.30–5.00	Stretch & Mobility 4.15–5.00 with Katrina				
5.00–5.30					
5.30–6.00	Intro Reformer 5.30–6.30 with Katrina	Circuits 5.30–6.30 with Steve			
6.00–6.30					
6.30–7.00		LBT 6.30–7.30 with Steve			
7.00–7.30					
7.30–8.00		Spin 7.30–8.30 with Steve			

CLASS TIMETABLE

TUESDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30					
07.30–08.00					
08.00–08.30	Beginners Pilates 08.00–09.00 with Cara		Aqua (Outdoor) 08.15–09.00 with Verity	Weight Training 08.00–09.00 with Steve	
08.30–09.00					
09.00–09.30	BARRE 09.00–09.50 with Katrina	Kettlebells 09.00–10.00 with Steve			
09.30–10.00					
10.00–10.30	Reformer 10.00–11.00 with Cara	Boxercise 10.00–11.00 with Steve			
10.30–11.00					
11.00–11.30	Men's Reformer 11.00–12.00 with Cara				
11.30–12.00					
12.00–12.30	Beginners Yoga 12.00–1.00 with Nicky				
12.30–1.00					
1.00–1.30	Yoga Trapeze 1.00–2.00 with Nicky	Spin 1.00–2.00 with Steve			
1.30–2.00					
2.00–2.30				Functional Training 2.00–3.00 with Jack	
2.30–3.00					
3.00–3.30					
3.30–4.00	Power Pump 3.30–4.30 with Jack				
4.00–4.30					
4.30–5.00	HIIT 4.30–5.15 with Jack				
5.00–5.30					
5.30–6.00	Zumba 5.30–6.30 with Lesley	Bar Bells 5.30–6.30 with Jack			
6.00–6.30					
6.30–7.00					
7.00–7.30	Pilates 6.45–7.30 with Lesley	Yoga 7.00–8.00 with Ali H	Floating Sound Bath Monthly 7.00–8.00 with Sam		
7.30–8.00					

CLASS TIMETABLE

WEDNESDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30		Spin 07.00–08.00 with Jack			
07.30–08.00					
08.00–08.30	Pilates 08.00–09.00 with Cara				
08.30–09.00					
09.00–09.30	Reformer 09.00–10.00 with Cara				
09.30–10.00					
10.00–10.30	Yoga Trapeze 10.00–10.45 with Katrina	HIIT 10.00–11.00 with Jack			
10.30–11.00					
11.00–11.30	Ballet Intro 11.00–11.45 with Katrina	Body Blitz 11.00–12.00 with Jack			
11.30–12.00					
12.00–12.30	Stretch & Mobility 12.00–1.00 with Katrina	Body Tone 12.00–1.00 with Jack			Tennis Free 12.00–1.00
12.30–1.00					
1.00–1.30		Spin 1.00–2.00 with Steve			
1.30–2.00					
2.00–2.30					Tennis Free 2.00–3.00
2.30–3.00					
3.00–3.30				Group Gym Training 3.00–4.00 with Steve	
3.30–4.00					
4.00–4.30	Tai Chi 4.00–5.00 with Petra				
4.30–5.00					
5.00–5.30	Reformer 5.00–6.00 with Katrina				
5.30–6.00		Boxercise 5.30–6.30 with Steve			
6.00–6.30			Aqua (Outdoor) 6.00–7.00 with Katrina		
6.30–7.00	Bootcamp 6.30–7.30 with Steve				
7.00–7.30		Sound Bath 7.00–8.00 with Sam			
7.30–8.00					

CLASS TIMETABLE

THURSDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30					
07.30–08.00	Beginners Yoga 07.30–08.30 with Nicky	Strength & Mobility 08.00–09.00 with Alfie			
08.00–08.30					
08.30–09.00	Mixed Vinyasa Yoga 08.30–09.30 with Nicky	Pilates 09.00–10.00 with Beata			
09.00–09.30					
09.30–10.00	Qigong 09.30–10.30 with Maggie	Pilates 10.00–11.00 with Beata			
10.00–10.30					
10.30–11.00					
11.00–11.30	Circuits 11.00–12.00 with Alfie				
11.30–12.00					
12.00–12.30	Bootcamp 12.00–1.00 with Alfie				
12.30–1.00					
1.00–1.30				Functional Training 1.00–2.00 with Alfie	
1.30–2.00					
2.00–2.30					
2.30–3.00					
3.00–3.30		Trx 3.00–4.00 with Jack			
3.30–4.00					
4.00–4.30	Boxfit 4.00–5.00 with Jack				
4.30–5.00					
5.00–5.30					
5.30–6.00	BARRE 5.30–6.15 with Katrina	Circuits 5.30–6.30 with Jack			
6.00–6.30					
6.30–7.00	Reformer 6.30–7.30 with Katrina	Spin Beginners 6.30–7.30 with Jack			
7.00–7.30					
7.30–8.00					

CLASS TIMETABLE

FRIDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30					
07.30–08.00	Yoga 07.30–08.30 with Nicky				
08.00–08.30					
08.30–09.00					
09.00–09.30	Circuits 09.00–10.00 with Jack				
09.30–10.00					
10.00–10.30	Zumba 10.00–11.00 with Lesley	Stretch 10.00–11.00 with Jack			
10.30–11.00					
11.00–11.30	Pilates 11.00–12.00 with Lesley			Functional Training 11.00–12.00 with Jack	
11.30–12.00					
12.00–12.30	Kettlebells 12.00–1.00 with Jack	Spin 12.30–1.30 with Jack			
12.30–1.00					
1.00–1.30					
1.30–2.00		Bootcamp 1.30–2.30 with Alfie			
2.00–2.30					
3.00–3.30	Rocket Yoga 3.15–4.15 with Ella	Stretch 3.00–4.00 with Alfie			Tennis 3.00–4.00
3.30–4.00					
4.00–4.30					
4.30–5.00	Ashtanga Yoga 4.30–5.30 with Ella	Power Pump 5.00–6.00 with Alfie			
5.00–5.30					
5.30–6.00					
6.00–6.30	Full Moon Yoga (Monthly) 6.00–8.00 with Vicky	Boxfit 6.00–7.00 with Alfie			
6.30–7.00					
7.00–7.30			Floating Sound Bath (Monthly) 6.00–8.00 with Vicky		
7.30–8.00					

CLASS TIMETABLE

SATURDAY



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

SUNDAY

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO WELLNESS	FUNCTIONAL	GYM	MULTI COURTS	STUDIO WELLNESS	FUNCTIONAL	GYM	MULTI COURTS
06.30-07.00								
07.00-07.30								
07.30-08.00								
08.00-08.30		Bootcamp 08.00-09.00 with Jack						
08.30-09.00								
09.00-09.30	Pilates 09.00-10.00 with Katrina					HIIT 08.30-09.30 with Steve		
09.30-10.00								
10.00-10.30	Yin Yoga 10.00-11.00 with Michelle					Spin Advanced 10.00-11.00 with Steve		
10.30-11.00								
11.00-11.30	Meditation & Sound Bath 11.15-12.15 with Michelle	Legs, Bums & Tums 11.00-12.00 with Jack				Spin Beginners 11.00-12.00 with Steve		
11.30-12.00								
12.00-12.30			Functional Training 12.00-1.00 with Jack				Functional Training 12.00-1.00 with Steve	
12.30-1.00								
1.00-1.30		Circuits 1.00-2.00 with Jack						
1.30-2.00								
2.00-2.30								
3.00-3.30								
3.30-4.00								
4.00-4.30								
4.30-5.00								
5.00-5.30					Yin Yoga 5.00-6.00 with Michelle			
5.30-6.00								
6.00-6.30					Meditation & Sound Bath 6.00-7.00 with Michelle			
6.30-7.00								

CLASS TIMETABLE

DAY OF WEEK



NEW! Classes for all

*All classes are subject to change

THE NICI
Spa

EARLY

MORNING

AFTERNOON

EVENING

	STUDIO 1	STUDIO 2	POOL	GYM	MULTI COURTS
06.30-07.00					
07.00-07.30					
07.30-08.00					
08.00-08.30					
08.30-09.00					
09.00-09.30					
09.30-10.00					
10.00-10.30					
10.30-11.00					
11.00-11.30					
11.30-12.00					
12.00-12.30					
12.30-1.00					
1.00-1.30					
1.30-2.00					
2.00-2.30					
3.00-3.30					
3.30-4.00					
4.00-4.30					
4.30-5.00					
5.00-5.30					
5.30-6.00					
6.00-6.30					
6.30-7.00					
7.00-7.30					
7.30-8.00					