CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	MONDAY	STUDIO 2	STUDIO 1	POOL	GYM	MULTI COURTS
EARLY	06.30–07.00					
	07.00–07.30					
	07.30–08.00					
	08.00–08.30		Boxfit 08.00 - 09.00 with Alfie			
	08.30–09.00					
	09.00–09.30	Fit Ball 09.00 - 10.00 with Louise	Circuits 09.00 - 10.00 with Alfie	Aqua (Indoor) 9.15 - 10.00 with Verity		
	09.30–10.00					
MORNING	10.00–10.30	Men's Pilates 10.00 - 11.00 with Beata			Group Gym Training 10.00 - 11.00 with Alfie	
	10.30–11.00		Yoga 10.30 - 11.30 with Nicky			
	11.00–11.30	Pilates 11.00 - 12.00 with Beata				
	11.30–12.00		Body Conditioning 11.30 - 12.15 with Alfie			
	12.00–12.30	Barre 12.30 - 1.30 with Heather G				
	12.30–1.00		Reformer Pilates 12.30 - 1.20 with Rebecca			
AFTERNOON	1.00–1.30	Yoga 1.30 - 2.30 with Heather G				
	1.30–2.00		Reformer Pilates 1.30 - 2.20 with Rebecca			
	2.00–2.30					
	2.30–3.00					
	3.00–3.30					
	3.30–4.00					
	4.00–4.30				Group Gym Training 4.00 - 5.00 with Steve	
	4.30–5.00					
EVENING	5.00–5.30				Spin 5.00 - 6.00 with Steve	
	5.30–6.00		Pilates 5.30 - 6.20 with Ali H			
	6.00–6.30	Boxercise 6.00 - 7.00 with Steve				
	6.30–7.00		Pilates 6.30 - 7.20 with Tanja			
	7.00–7.30	Abs 7.00 - 7.30 with Steve				

CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	TUESDAY	STUDIO 2	STUDIO 1	POOL	GYM	MULTI COURTS
EARLY	06.30–07.00					
	07.00–07.30					
	07.30–08.00				Spin 7.30- 8.30 with Jack	
	08.00–08.30					
	08.30–09.00		Kettlebells 8.30 - 9.30 with Jack			
	09.00–09.30	Mixed Pilates 9.00 - 10.00 with Rebecca		Aqua (Indoor) 9.15 - 10.00 with Katie		
	09.30–10.00					
MORNING	10.00–10.30	Pilates 10.00–10.50 with Rebecca	Barbells 10.00 - 11.00 with Jack		Group Gym Training 10.00–11.00 with Oscar	
	10.30–11.00					
	11.00–11.30	Men's Pilates 11.00–11.50 with Rebecca	Stetch & Mobility 1.00–1.45 with Oscar			
	11.30–12.00					
	12.00–12.30	Beginners Yoga 12.00 - 1.00 with Nicky	Reformer Pilates 12.00 - 12.50 with Rebecca			
	12.30–1.00					
AFTERNOON	1.00–1.30	Yoga 1.00 - 2.00 with Nicky	Reformer Pilates 1.00 – 1.50 with Rebecca		Weight Training 1.00 - 2.00 with Jack	
	1.30–2.00					
	2.00–2.30	Boxercise 2.00 - 3.00 with Steve				
	2.30–3.00					
	3.00–3.30					
	3.30–4.00					
	4.00–4.30				Functional Training 4.00 - 5.00 with Steve	
	4.30–5.00					
EVENING	5.00–5.30		Circuits 5.00 - 6.00 with Steve			
	5.30–6.00	Zumba 5.30–6.30 with Lesley				
	6.00–6.30		Body Conditioning 6.00 - 6.45 with Steve			
	6.30–7.00	Pilates 6.45–7.45 with Lesley				
	7.00–7.30		Yoga 7.00–8.00 with Ali H	Floating Sound Bath Monthly 7.00 - 8.00 with Sam		
	7.30–8.00					

CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	WEDNESDAY	STUDIO 2	STUDIO 1	POOL	GYM	MULTI COURTS
EARLY	06.30–07.00	Sunrise Yoga 6.30 - 7.30 with Ali H				
	07.00–07.30		Reformer Pilates 7.00- 7.50 with Maddie		Spin 7.00 - 8.00 with Steve	
	07.30–08.00					
	08.00–08.30	Pilates 8.00 - 9.00 with Shauna	Reformer Pilates 8.00 - 8.50 with Maddie		Functional Training 8.00 - 9.00 with Steve	
	08.30–09.00					
	09.00–09.30	Pilates 9.00 - 10.00 with Shauna				
	09.30–10.00					
MORNING	10.00–10.30	Yoga 10.00 - 11.00 with Heather	Body Blitz 10.00 - 11.00 with Steve			
	10.30–11.00					
	11.00–11.30	Barre 11.00 - 11.45 with Heather	Body Conditioning 11.00 - 11.45 with Steve			
	11.30–12.00					
	12.00–12.30	Pilates 12.00 - 12.50 with Rebecca				
	12.30–1.00					
	1.00–1.30	Pilates 1.00 - 1.50 with Rebecca			Group Gym Training 1.00 - 2.00 with Jack	
	1.30–2.00					
AFTERNOON	2.00–2.30	Abs & Core 2.00 - 2.30 with Oscar				
	2.30–3.00	Stretch & Mobility 2.30 - 3.30 with Oscar	Barbell Pump 2.30 - 3.30 with Jack			
	3.00–3.30					
	3.30–4.00					
	4.00–4.30					
	4.30–5.00					
EVENING	5.00–5.30	Breathwork 5.00 - 6.00 with Hannah			Spin 5.00 - 6.00 with Jack	
	5.30–6.00					
	6.00–6.30		Bootcamp 6.00 - 7.00 with Jack			
	6.30–7.00					
	7.00–7.30	Sound Bath 7.00–8.00 with Sam				
	7.30–8.00					

CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	THURSDAY	STUDIO 2	STUDIO 1	POOL	GYM	MULTI COURTS
EARLY	06.30–07.00					
	07.00–07.30					
	07.30–08.00		Beginner Yoga 7.30 - 8.30 with Nicky			
	08.00–08.30	Stretch & Mobility 8.00 - 9.00 with Alfie				
	08.30–09.00					
	09.00–09.30	Pilates 9.00 - 10.00 with Beata	Mixed Vinyasa Yoga 9.00 - 9.50 with Nicky	Aqua (Indoor) 9.15 - 10.00 with Katie		
	09.30–10.00					
MORNING	10.00–10.30	Qi-gong 10.00 - 11.00 with Maggie	Pilates 10.00 - 11.00 with Beata			
	10.30–11.00					
	11.00–11.30	Circuits 11.00 - 12.00 with Alfie				
	11.30–12.00					
	12.00–12.30	Pilates 12.00 - 12.50 with Rebecca	Bootcamp 12.00 - 1.00 with Alfie			
	12.30–1.00					
AFTERNOON	1.00–1.30	Pilates 1.00 - 1.50 with Rebecca			Spin 1.00 - 2.00 with Jack	
	1.30–2.00					
	2.00–2.30				Functional Training 2.00 - 3.00 with Alfie	
	2.30–3.00					
	3.00–3.30	Stretch & Mobility 3.00 - 4.00 with Jack				
	3.30–4.00					
	4.00–4.30					
	4.30–5.00		Circuits 5.00 - 6.00 with Jack			
	5.00–5.30					
EVENING	5.30–6.00	Barre 5.30 - 6.15 with Shauna				
	6.00–6.30				Spin 6.00 - 7.00 with Jack	
	6.30–7.00	Pilates 6.30 - 7.30 with Shauna				
	7.00–7.30					
	7.30–8.00					

CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	FRIDAY	STUDIO 2	STUDIO 1	POOL	GYM	MULTI COURTS
EARLY	06.30–07.00					
	07.00–07.30					
	07.30–08.00	Yoga 7.30 - 8.30 with Nicky				
	08.00–08.30				Spin 08.00 - 9.00 with Jack	
	08.30–09.00	Rocket Yoga 8:30 - 9.30 with Ella				
	09.00–09.30		Circuits 9.00 - 10.00 with Jack	Aqua (Indoor) 9.15 - 10.00 with Katie		
MORNING	09.30–10.00	Zumba 9.45 - 10.45 with Lesley				
	10.00–10.30		Circuits 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			
	12.30–1.00					
AFTERNOON	1.00–1.30		Boot Camp 1.00 - 2.00 with Alfie		Group Gym Training 1.00 - 2.00 with Oscar	
	1.30–2.00					
	2.00–2.30					
	3.00–3.30		Stretch 3.00 - 4.00 with Alfie		Group Gym Training 3.00 - 4.00 with Oscar	
	3.30–4.00					
	4.00–4.30					
	4.30–5.00	Ashtanga Yoga 4.30 - 5.30 with Ella				
	5.00–5.30		Barbell Pump 5.00 - 6.00 with Alfie			
	5.30–6.00					
EVENING	6.00–6.30		Boxfit 6.00 - 7.00 with Alfie			
	6.30–7.00					
	7.00–7.30					
	7.30–8.00					

CLASS TIMETABLE

Classes for All

Classes for ICON

THE NICI Club

	SATURDAY	STUDIO 2	STUDIO 1	GYM
EARLY	06.30–07.00			
	07.00–07.30			
	07.30–08.00			
	08.00–08.30			Spin 8.00 - 9.00 with Jack
	08.30–09.00			
MORNING	09.00–09.30	Yin Yoga 09.00 - 10.00 with Michelle		
	09.30–10.00			
	10.00–10.30	Meditation & Sound Bath 10.00 - 11.00 with Michelle		
	10.30–11.00			
	11.00–11.30		Legs, Bums & Tums 11.00 - 12.00 with Jack	
	11.30–12.00			
	12.00–12.30			Functional Training 12.00 - 1.00 with Jack
	12.30–1.00			
AFTERNOON	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			
EVENING	5.00–5.30			
	5.30–6.00			
	6.00–6.30			
	6.30–7.00			

SUNDAY	STUDIO 2	STUDIO 1	GYM
06.30–07.00			
07.00–07.30			
07.30–08.00			
08.00–08.30			
08.30–09.00			Spin 8.30 - 9.15 with Steve
09.00–09.30	Steady Yoga 9.00 - 10.00 with Tanya		
09.30–10.00		Abs 9.30 - 10.00 with Steve	
10.00–10.30	Body Blitz 10.00 - 11.00 with Steve	Dynamic Yoga 10.00 - 11.00 with Tanya	
10.30–11.00			
11.00–11.30			Functional Training 11.00 - 12.00 with Steve
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	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			