

CLASS TIMETABLE NEWQUAY

THE NICI
Club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8.00 – 9.00	HIIT 7.15 – 7.45		HIIT 7.15 – 7.45			
Aqua Fit 9.00 – 9.45	Vinyasa Yoga 8.00 – 9.00	Mobility 8.00 – 9.00	Pilates 8.00 – 9.00	Vinyasa Yoga 8.00 – 9.00	Sculpt & Sweat (Bootcamp Style) 8.00 – 8.45	HIIT & Strong 8.00 – 8.45
Vinyasa Yoga 10.00 – 11.00	HIIT 9.15 – 10.00	Vinyasa Yoga 9.15 – 10.15	Sculpt & Sweat (Bootcamp Style) 9.15 – 10.00	Legs & Abs 9.15 – 9.45	Pulse & Tone 9.00 – 9.45	Dumbbells 9.00 – 9.45
Bootcamp 12.30 – 13.15	Yogalates 10.45 – 11.45	Legs & Abs 12.00 – 12.30	Vinyasa Yoga 11.00 – 12.00	Yogalates 10.45 – 11.45	Yin Yoga 10.00 – 11.00	Vinyasa Yoga 10.00 – 11.00
	Circuit Rush 12.00 – 12.30	Yogalates 13.00 – 14.00	Guided Meditation & Breath Work 12.15 – 13.00	Circuit Rush 12.00 – 12.30		
Glutes & Core 17.30 – 18.00	Guided Meditation & Breath Work 13.00 – 13.45	Guided Meditation & Breath Work 14.00 – 14.45		Guided Meditation & Breath Work 13.00 – 13.45		
Yin Yoga 18.15 – 19.00	Hatha Yoga 16.15 – 17.15					
	Boxercise 17.30 – 18.20	Aqua Fit 17.15 – 18.00	Dance Fit 17.00 – 18.00	Hatha Yoga 17.00 – 18.00		
	Yin Yoga 18.30 – 19.30	HIIT 17.30 – 18.00	Vinyasa Yoga 18.15 – 19.15			