

STUDIO FITNESS EVENTS

THE NICI
Club



ICON Member classes only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Circuit 6.45 – 7.30 7.35 – 8.20 Jo	Pilates 6.45 – 7.45 Jessica	Yoga 7.15 – 8.15 Jessica	Pilates 7.15 – 8.15 Jessica	Hatha Yoga 6.45 – 7.45 Julia B	Bootcamp 8.00 – 9.00 Jemma	Spinning 8.00 – 8.45 Razvan
Pilates 9.30 – 10.30 Casey	Circuits 8.00 – 09.00 Jack	Bootcamp 8.30 – 9.15 Jemma	Spinning 8.30 – 9.15 Steve	Spinning 8.00 – 8.45 Julia B	Dance Fitness 09.00 – 09.45 Jemma	Power Pilates 09.00 – 10.00 Danielle
Aqua Fit 10.45 – 11.30 Victoria	Pilates 9.30 – 10.30 Victoria	Power Pilates 9.30 – 10.30 Danielle	Yoga 9.45 – 10.45 Jessica	Strength Circuit 9.00 – 9.45 Jo	Stretch 10.00 – 11.00 Veronique	Yoga Flow 10.00 – 11.00 Grace
Balancing Yin & Yang Slow Flow Yoga 10.45 – 11.30 Michelle	Spinning 10.30 – 11.15 Jack	Aqua Fit 10.30 – 11.15 Victoria	Body Blitz - HIIT 11.00 – 11.45 Steve	Yoga 10.00 – 11.00 Chloe	Stretch 11.00 – 12.00 Veronique	
Barre 12.25 – 13.10 Casey	Dance Fitness 11.00 – 11.45 Jemma	Mindfulness Pilates 12.00 – 13.00 Victoria	Intro to Strength 12.45 – 13.30 Sarah	Aqua Fit 11.30 – 12.30 Lynn		
Hatha Yoga 13.15 – 14.15 Jo	Bootcamp 12.00 – 12.45 Jemma		Intro to Strength 13.30 – 14.30 Sarah	Pilates 11.15 – 12.15 Casey		
Fitness Pilates 15.00 – 16.00 Lesley		Dance Fitness 16.00 – 16.45 Jemma	Power Pilates 16.30 – 17.25 Danielle	Barre 12.20 – 13.20 Casey		
Zumba 16.15 – 17.15 Lesley			Sound Bath 17.30 – 18.30 Julia B	Pilates 17.30 – 18.30 Victoria		
Sound Bath 17.30 – 18.15 Julia B	Stretch 18.00 – 19.00 Veronique	Vinyasa Yoga 18.30 – 19.30 Grace				
Power Pilates 17.30 – 18.30 Danielle	Candlelit Yin Yoga 19.30 – 20.30 Michelle			LBT 18.30 – 19.15 Victoria		