

CLASS TIMETABLE



Classes for All



Classes for ICON

THE NICI
Club

EARLY

MORNING

AFTERNOON

EVENING

MONDAY	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
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					
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					
1.00–1.30	Yoga 1.30 - 2.30 with Heather G				
1.30–2.00					
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					
5.00–5.30				Spin 5.00 - 6.00 with Steve	
5.30–6.00		Reformer 5.30 - 6.20 with Maddie			
6.00–6.30	Boxercise 6.00 - 7.00 with Steve				
6.30–7.00					
7.00–7.30	Abs 7.00 - 7.30 with Steve	Reformer 6.30 - 7.20 with Maddie			

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AFTERNOON

EVENING

TUESDAY	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00					
07.00–07.30					
07.30–08.00				Spin	
08.00–08.30				7.30- 8.30 with Jack	
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					
10.00–10.30	Barbells 10.00 - 11.00 with Jack	Reformer 10.00–10.50 with Rebecca		Group Gym Training 10.00–11.00 with Oscar	
10.30–11.00					
11.00–11.30		Men's Reformer 11.00–11.50 with Rebecca			
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 1.00 - 2.00 with Nicky	Stretch & Mobility 1.00–1.45 with Oscar		Weight Training 1.00 - 2.00 with Jack	
1.30–2.00					
2.00–2.30					
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					
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		HIIT/Core 6.00 - 7.00 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					

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EVENING

WEDNESDAY	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
06.30–07.00	Sunrise Yoga 6.30 - 7.30 with Ali H				
07.00–07.30				Spin 7.00 - 8.00 with Steve	
07.30–08.00					
08.00–08.30	Pilates 8.00 - 9.00 with Shauna			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					
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		Reformer 12.00 - 12.50 with Rebecca			
12.30–1.00					
1.00–1.30		Reformer 1.00 - 1.50 with Rebecca		Group Gym Training 1.00 - 2.00 with Jack	
1.30–2.00					
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					
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					

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EVENING

THURSDAY	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
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	Mixed Vinyasa Yoga 8.30 - 9.20 with Nicky				
09.00–09.30		Pilates 9.00 - 10.00 with Beata	Aqua (Indoor) 9.15 - 10.00 with Katie		
09.30–10.00	Qigong 9.30 - 10.30 with Maggie				
10.00–10.30		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	Bootcamp 12.00 - 1.00 with Alfie	Reformer 12.00 - 12.50 with Rebecca			
12.30–1.00					
1.00–1.30		Reformer 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					
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					

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EVENING

FRIDAY	STUDIO WELLNESS	FUNCTIONAL	POOL	GYM	MULTI COURTS
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					
09.00–09.30	Zumba 9.45 - 10.45 with Lesley	Circuits 9.00 - 10.00 with Jack	Aqua (Indoor) 9.15 - 10.00 with Katie		
09.30–10.00					
10.00–10.30					
10.30–11.00		Circuits 10.00 - 11.00 with Jack			
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					
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	Rocket Yoga 3.15 - 4.15 with Ella	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					
6.00–6.30		Boxfit 6.00 - 7.00 with Alfie			
6.30–7.00					
7.00–7.30					
7.30–8.00					

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AFTERNOON

EVENING

SATURDAY	STUDIO WELLNESS	FUNCTIONAL	GYM
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			
09.00–09.30			
09.30–10.00			
10.00–10.30	Yin Yoga 10.00 - 11.00 with Michelle		
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	
11.30–12.00			
12.00–12.30			Functional Training 12.00 - 1.00 with Jack
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			
5.30–6.00			
6.00–6.30			
6.30–7.00			

SUNDAY	STUDIO WELLNESS	FUNCTIONAL	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 Lilly		
09.30–10.00		Abs 9.30 - 10.00 with Steve	
10.00–10.30	Dynamic Yoga 10.00 - 11.00 with Lilly	HIIT 10.00 - 11.00 with Steve	
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 6.15 - 7.15 with Michelle		
6.30–7.00			