

CLASS TIMETABLE NEWQUAY

THE NICI
Club



ICON Member classes only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8.00 – 9.00 Shannon	Vinyasa Yoga 7.00 – 8.00 Fiona	Sunrise Strength 7.00 – 8.00 Dani	HIIT 6.45 – 7.30 Ollie	Vinyasa Yoga 7.00 – 8.00 Phoebe	Sculpt & Sweat (Bootcamp Style) 8.00 – 8.45 Cristina	HIIT & Strong 8.00 – 8.30 Cristina Ollie
Circuit 12.00 – 12.45 Ollie	Sculpt & Sweat (Bootcamp Style) 8.00 – 8.45 Ollie	Power Circuit 8.00 – 9.00 Dani	Pilates 8.00 – 9.00 Shannon	HIIT & Restore 8.00 – 8.45 Ollie	Yogalates 9.30 – 10.15 Buffy	Dumbbells 9.00 – 9.45 Cristina Ollie
Dynamic Yoga 13.00 – 14.00 Robyn	Dumbbells 12.00 – 12.45 Ollie	Dynamic Flow Yoga 12.00 – 13.00 Kirsty	Lower Body Tone 12.00 – 13.00 Caitlin	Barre 10.00 – 11.00 ICON - Eloise	Dynamic Yoga 10.30 – 11.30 Robyn	Beach Power Yoga 10.30 – 11.30 Kirsty
Booty Camp 17.00 – 18.00 Dani	Yogalates 13.00 – 13.45 ICON - Buffy	Fusion Core 13.15 – 13.45 Cristina	Vinyasa Yoga 13.00 – 14.00 Robyn	Circuit 12.00 – 12.30 Ollie		
Aqua FIT 17.15 – 18.00 ICON - Jo	Barre 17.00 – 18.00 Eloise	Aqua Fit 17.15 – 18.00 Caitlin	Dance Fit 17.00 – 18.00 ICON - Caitlin	Guided Meditation & Breath Work 12.45 – 13.30 ICON - Buffy		
Yin Yoga 18.15 – 19.15 Kirsty	BoxFit 18.00 – 19.00 ICON - James	Self Defence 17.30 – 18.30 ICON - James	HIIT & Strong 18.15 – 18.45 Cristina	Kickboxing 17.00 – 18.00 James		
	Ashtanga Yoga 19.00 – 20.00	Yoga 18.45 – 19.45 Buffy	Yoga 19.00 – 20.00 Fiona	Slow Flow & Meditation 18.15 – 19.15 Buffy		