



# GROUP EXERCISE

at Gateway Gym

M T W T F S S

Pilates 1215-1300	Group Cycle 1000-1045	Strength 0630-0715	Yogalates 1215-1300	Bootcamp 0630-0715	Group Cycle 0830-0915	Yoga Flow 1700-1755
Cardio HIIT 1730-1800	Yoga 1205-1300	Pilates 1720-1805	Step Conditioning 1730-1815	Pilates 1215-1300	Pump Blast 0930-1000	
RigFit Core 1730-1800	Legs Bums & Tums 1715-1800	RigFit Bands & Bars 1730-1800	Strength 1730-1815	Zumba 1715-1800		
Reps and Sets 1810-1855	RigFit Circuits 1730-1800	Cardio Calisthenics 1810-1855	Kettlebell Circuit Blast 1820-1850			
Group Cycle 1810-1855	Boxfit 1810-1855	Group Cycle 1810-1855	Core Cycle 1820-1905			
Yoga 1905-2000	Yoga Flow 1905-2000					

### Session Focus:

- Mind/Body
- Strength/Tone
- Cardio/Endurance



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