

# Activity Schedule

Remember to log your activity on [nuffieldhealthscore.com](http://nuffieldhealthscore.com). The latest activity schedule is also available on our website or call **0161 464 9761** for more details. We update our activity schedule, so do continue to give us feedback as it helps us improve our services to you.



**Gyms**  
+ Health Checks + Physio + Hospitals



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
06:45 07:30	Group Cycling Cycle Studio	07:00 07:45	Circuits Studio 1	06:45 07:30	Group Cycling Cycle Studio	07:00 07:45	Circuits Studio 1	06:45 07:30	Group Cycling Cycle Studio	09:30 10:15	BODYBALANCE™ MB Studio
07:00 07:30	GRIT PLYO™ Studio 1	07:45 08:00	Express Abs Gym Floor	06:45 07:30	BODYPUMP™ Studio 1	07:45 08:00	Express Abs Gym Floor	07:00 07:30	GRIT STRENGTH™ Studio 1	10:15 11:00	Pilates MB Studio
07:30 08:00	Body Conditioning Studio 1	12:30 13:00	Express Bootcamp Gym Floor	07:30 08:00	GRIT CARDIO™ Studio 1 (please book)	12:30 13:00	Express Bootcamp Gym Floor	07:00 07:30		11:00 11:45	Zumba Studio 1
07:45 08:00	Express Abs Gym Floor	12:45 13:30	BODYPUMP™ Studio 1	07:45 08:00	Express Abs Gym Floor	12:30 13:00	Express Bootcamp Gym Floor	07:45 08:00	Express Abs Gym Floor	11:45 12:30	Step Studio 1 (please book)
12:30 13:00	Express Bootcamp Gym Floor	17:30 18:15	Step Studio 1 (please book)	12:30 13:00	Express Bootcamp Gym Floor	12:45 13:30	Boxercise Studio 1	12:30 13:00	Express Bootcamp Gym Floor	12:10 12:55	Group Cycling Cycle Studio (please book)
12:30 13:15	Legs, Bums and Tums Studio 1	17:30 18:15	Yoga Ashtanga MB Studio	12:30 13:15	Pilates MB Studio	17:00 17:30	Express Circuits Studio 1	07:45 08:00	Express Abs Gym Floor	12:30 13:15	BODYPUMP™ Studio 1 (please book)
12:45 13:30	Group Cycling Cycle Studio	17:30 18:15	Group Cycling Cycle Studio (please book)	12:45 13:30	Group Cycling Cycle Studio	17:30 18:15	Pilates MB Studio	12:30 13:00	Express Bootcamp Gym Floor	13:15 14:15	BODYATTACK™ Studio 1
17:00 17:30	CXWORX™ Studio 1	18:20 19:05	BODYBALANCE™ MB Studio	17:30 18:00	Body Conditioning MB Studio	17:30 18:15	Zumba Studio 1 (please book)			14:15 14:45	CXWORX™ Studio 1
17:30 18:15	BODYATTACK™ Studio 1 (please book)	18:20 19:05	Group Cycling Cycle Studio (please book)	17:30 18:15	Group Cycling Cycle Studio (please book)	17:30 18:15	Group Cycling Cycle Studio (please book)	12:30 13:15	Yoga Ashtanga MB Studio		
17:30 18:15	Group Cycling Cycle Studio (please book)	18:20 19:05	Group Cycling Cycle Studio (please book)	17:30 18:15	BODYATTACK™ Studio 1 (please book)	17:30 18:15	Group Cycling Cycle Studio (please book)	17:30 18:15	Group Cycling Cycle Studio (please book)	10:00 10:45	Legs, Bums and Tums Studio 1
17:30 18:30	Yoga Hatha MB Studio	18:20 19:05	Group Cycling Cycle Studio (please book)	17:45 18:15	Human Race Triathlon Swim Training Gym Floor	18:20 19:05	BODYCOMBAT™ Studio 1 (please book)	17:30 18:15	BODYPUMP™ Studio 1 (please book)	10:45 11:30	Group Cycling Cycle Studio (please book)
18:15 19:00	RPM™ Cycle Studio (please book)	18:20 19:20	BODYCOMBAT™ Studio 1 (please book)	18:20 19:05	Human Race Triathlon Bike Training Cycle Studio (please book)	18:20 19:05	BODYPUMP™ Studio 1 (please book)	17:30 18:15	BODYPUMP™ Studio 1 (please book)	10:45 11:30	Zumba Studio 1
18:20 19:20	BODYPUMP™ Studio 1 (please book)	18:30 19:30	Yoga Iyengar MB Studio	18:20 19:05	BODYPUMP™ Studio 1 (please book)	18:30 19:15	Group Cycling Cycle Studio (please book)	18:20 19:05	BODYATTACK™ Studio 1 (please book)	11:30 12:30	BODYPUMP™ Studio 1 (please book)
18:35 19:35	Yoga Iyengar MB Studio	19:00 19:30	Express Circuits Gym Floor	18:30 19:30	Yoga Iyengar MB Studio	19:05 19:35	Insanity Studio 1	18:20 19:05		11:30 12:30	Yoga Dynamic MB Studio
19:00 19:30	Express Circuits Gym Floor			19:15 19:45	Human Race Triathlon Run Training Pool					12:30 13:15	BODYCOMBAT™ Studio 1