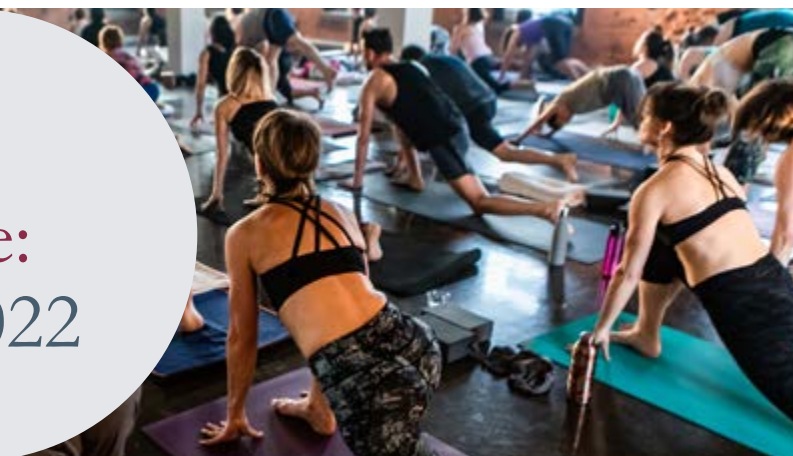


## On-Site Class Timetable: 4-31 January 2022



Bookable on the class booking portal up to seven days in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>	07:45-08:30 Spin with Helen (Studio)	08:00-8:40 TRX with Mark (Studio)	07:45-08:45 Spin with Sarah (Studio)	07:45-08:30 Body Pump with Deborah (Studio)	08:00-09:00 Vinyasa Yoga with Thania (Studio)
	08:00-08:45 HIIT & Lift with Danny (Sports Hall)		08:00-08:40 Bootcamp with Milene (Sports Hall)		
<b>LUNCHTIME</b>	12:00-13:00 Dynamic Yoga with Hristina (Studio)	12:10-12:50 Boxercise with Carmen (Sports Hall)	12:10-12:50 Total Body Circuits with Milene (Sports Hall)	12:10-12:50 Ballet Barre with Deborah (Studio)	12:10-12:50 Body Attack with Taisi (Studio)
	13:10-13:50 Cross Fit with Mark (Sports Hall)	12:00-13:00 Iyengar Yoga with Rosana (Studio)	12:00-13:00 Yin Yoga with Lourdes (Studio)	13:10-13:50 SAS with Danny (Sports Hall)	13:10-13:55 Spin with Taisi (Studio)
		13:10-13:50 MetCon with Milene (Sports Hall)	13:10-14:00 Pilates with Taisi (Studio)	13:10-13:50 Spin with Mark (Studio)	
<b>EVENING</b>	17:45-18:30 Body Attack with Taisi (Studio)	17:45-18:30 Kettlebells with Danny (Sports Hall)			

● Mind and Body   ● Strength and Conditioning   ● High Energy Aerobic Fitness

Allen & Overy Health & Wellbeing Centre  
in partnership with Nuffield Health



# ZOOM

## Class Timetable:

### 4-31 January 2022



No need to book, simply login to the class via Zoom.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	08:00-8:40 Pilates with Taisi MI 894-7985-2781 PW 170537		08:00-08:30 Body Blast with Kate MI 294-028-2236 PW Nn0Uaq		
LUNCHTIME		13:00-13:40 Barre Freestyle with Deborah MI 840-7842-9785 PW 248572		13:00-13:30 Yoga with Hristina MI 710-3427-2686 PW v8Aptu	

● Mind and Body   ● Strength and Conditioning   ● High Energy Aerobic Fitness

Please be aware that all classes are accessible for any fitness level. If you have any concerns please turn up early and discuss with the class instructor or email [richard.sugar@nuffieldhealth.com](mailto:richard.sugar@nuffieldhealth.com)

#### For class descriptions, check online:

<https://member.nuffieldhealth.com/bookings>

Participants should be ready to start the class on time.

No entry permitted five minutes after class start time.

Classes are **FREE** for gym members.

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