

# ALLEN & OVERY

## *Fit for life*

*Sports Hall – Timetable 2 January to 31 March*

|           | MONDAY                           | TUESDAY                                | WEDNESDAY                                    | THURSDAY                             | FRIDAY   |
|-----------|----------------------------------|--|--|--------------------------------------|--|
| MORNING   |                                  |  |  | 08:00-08:40<br>HIIT & Burn<br>Tom    | 08:00-08:45<br>Total Body Circuits<br>Gym Team |
| LUNCHTIME | 12:10-12:50<br>Cross-Fit<br>Mark | 12:05-12:45<br>Boxercise<br>Carmen     | 12:10-12:50<br>Total Body Circuits<br>Milene | 13:10-13:50<br>SAS<br>Lauren         | 13:10-13:55<br>Pilates<br>Jessica              |
| EVENING   |                                  | 18:10-18:50<br>Kettlebells<br>Gym Team |  | 18:10-18:50<br>HIIT & Lift<br>Milene |  |

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

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



allenoverly.com

# Studio – Timetable 2 January to 31 March

|  | MONDAY  | TUESDAY                                   | WEDNESDAY                               | THURSDAY                              | FRIDAY                                  |
|--|---|---|---|---------------------------------------|---|
| <b>MORNING</b>                         | 07:50-8:30<br>Stages Spin<br>Christy            | 08:00-08:40<br>TRX<br>Mark                | 07:45-08:45<br>Stages Spin<br>Sarah     | 07:45-08:30<br>Body Pump™<br>Deborah  | 07:50-08:45<br>Morning Yoga<br>Hristina |
| <b>LUNCHTIME</b>                       | 12:00-13:00<br>Yogalates<br>Lydia               | 12:00-13:00<br>Dynamic Yoga<br>Thania     | 12:10-12:50<br>Stages Spin<br>Sarah     | 12:00-13:00<br>Yoga<br>Trevor         | 12:00-12:45<br>Body Attack™<br>Taisi    |
| <b>GYM TEAM ON GYM FLOOR</b>           | 13:00-13:15<br>Express Kettlebells              | 13:00-13:15<br>Express Fit                | 13:00-13:10<br>Express Abs              | 13:00-13:10<br>Express HIIT           | 13:00-13:15<br>Express Fit              |
| <b>OUTDOORS (MEET AT GROUND FLOOR)</b> |   | 13:00-13:30<br>Walking Club<br>Gym Team   |   |                                       | 12:00-12:30<br>Walking Club<br>Gym Team |
| <b>IN STUDIO</b>                       | 13:10-13:50<br>Body Pump™<br>Michelle           | 13:10-14:00<br>Pilates<br>Jessica         | 13:10-13:50<br>Body Attack™<br>Chloe    | 13:10-13:50<br>Ballet Barre<br>Kate   | 13:10-13:50<br>Stages Spin<br>Taisi     |
|  |   |   | 14:00-14:40<br>Meditation Yoga<br>Lydia |                                       |   |
| <b>EVENING</b>                         | 17:45-18:45<br>Stage Spin<br>+15min Abs<br>Kate | 18:00-19:00**<br>Body Balance™<br>Chloe   | 18:00-18:45<br>Power Circuits<br>Tom    | 19:00-19:45<br>Evening Yoga<br>Thania |   |
| <b>GYM FLOOR</b>                       |   | 17:40-18:20<br>Ladies That Lift<br>Sophie |   |                                       |   |

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## Class Difficulty:

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)

## Monthly masterclass:

\*\*Please note: The last Tuesday of every month; 18:00-19:00, we offer a varied Masterclass which will offer a challenge to the body or a mindful practice. See the Gym team or check online for details.

## 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 Allen & Overy employees.

## Pregnancy – Healthy and Flexible:

Every Thursday, 14:00-14:30 in the Sports Hall, this class will help guide you through a safe and effective exercise routine for your second trimester.

## Express Classes:

Short on time? Come to the stretch area in the gym at 13:00 and take part in a short and efficient workout which will test your whole body.

## Meditation

Every Thursday, 17:30-18:00 in the studio, the lights will be dimmed and you are invited to use the space to relax and refresh – [www.headspace.com](http://www.headspace.com)

