



Belong. Excel.

On-Site Class Timetable: 2nd January – 30th April 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	08:10-08:50 Military Fitness with Jason (Sports Hall)	08:00-08:40 TRX with Mark (Studio)	07:45-08:45 Spin with Sarah (Studio)	07:45-08:30 Body Pump with Valeria (Studio)	
	12:10-12:50 Spin with Sarah (Studio)	12:00-13:00 Iyengar Yoga with Rosana (Studio)	12:10-12:50 Circuits with Jason (Sports Hall)	08:15-08:45 Mobility and stretch with Inari (Gym Floor)	
LUNCHTIME	13:00-14:00 Dynamic Yoga with Hristina (Studio)	12:10-12:50 Boxercise with Jason (Sports Hall)	12:10-12:50 TRX with Mark (Studio)	12:10-12:50 Ballet Barre with Eliza (Studio)	12:00-13:00 Vinyasa Yoga with Thania (Studio)
	13:10-13:50 Strength & Conditioning with Mark (Sports Hall)	13:10-13:50 Interval Training with Carmen (Gym Floor)	13:10-14:00 Pilates with Taisi (Studio)	13:10-13:50 SAS with Jason (Sports Hall)	12:10-12:50 Interval Training with Jason (Gym Floor)
	14:10-14:40 Core Blast (Virtual studio)	13:10-13:50 Body Conditioning with Clare (Studio)	13:15-13:45 Express Kettlebells with Carmen (Sports Hall)	13:10-13:50 Spin & Abs with Clare (Studio)	13:10-13:50 Spin with Taisi (Studio)
	15:00-15:45 Pilates (Virtual studio)	15:00-15:45 Ashtanga Yoga (Virtual studio)	15:00-15:30 Grit Cardio (Virtual studio)	13:10-13:50 Beginners lifting with Mark (Gym Floor)	
EVENING	17:45-18:30 Body Pump with Taisi (Studio)	17:45-18:30 Boot Camp with Taisi (Sports Hall)	17:45 -18:45 Dynamic Yoga with Thania (Studio)	17:45-18:30 Pilates with Helen (Studio)	17:45-18:15 Grit Strength (Virtual Studio)

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

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



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.

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 wellbeing@nuffieldhealth.com

Classes are FREE for gym members.

Pre/Post Natal Support
Exercise advice with a Pilates focus for pre/post natal now available. Appointments last approximately 30 minutes and are bookable at the gym reception or by calling extension 4448.

Personalised fitness programmes available with our wellbeing advisors.
To book call extension 4448