

On-Site Class Timetable:

1st May – 31st July 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)	08:00-8:40 TRX with Mark (Studio)	07:45-08:45 Spin with Sarah (Studio)	07:45-08:30 Body Pump with Valeria (Studio)	
LUNCHTIME	12:10-12:50 Spin with Sarah (Studio)	12:00-13:00 Iyengar Yoga with Rosana (Studio)	12:10-12:50 Circuit Training with Jason (Sports Hall)	08:15-08:45 Mobility & Stretch with Inari (Sports Hall)	
	13:00-13:40 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 Gabrielle (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 Gabrielle (Gym Floor)
	14:10-14:40 Core Blast (Gabrielle)	13:10-13:50 Body Conditioning with Darshana (Studio)	13:15-13:45 Express Kettlebells with Gabrielle (Sports Hall)	13:10-13:50 Beginners Lifting with Mark (Gym Floor)	13:10-12:50 Spin with Taisi (Studio)
	15:00-15:45 Pilates (Virtual Studio)	15:00-15:45 Ashtanga Yoga (Virtual Studio)	15:00-15:45 GRIT cardio (Virtual Studio)	13:10-13:50 Zumba with Eliza (Studio)	
EVENING	17:45-18:30 Body Pump with Taisi (Studio)	17:45-18:30 Boot Camp with Taisi (Studio)	17:45-18:45 Dynamic Yoga with Thania (Studio)	17:15-18:00 Pilates with Helen (Studio)	15:00-15:45 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 darshana.kularatne@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