



Belong. Excel.

# On-Site Class Timetable: 1st September – 31st December 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>	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 Gym floor workout with Milene (Gym Floor)	12:00-13:00 Vinyasa Yoga with Thania (Studio)
<b>LUNCHTIME</b>	13:00-14:00 Dynamic Yoga with Hristina (Studio)	12:50-13:50 Boxercise with Jason (Sports Hall)	12:10-12:50 TRX with Mark (Studio)	12:10-12:50 Ballet Barre with Eliza (Studio)	12:10-12:50 Interval Training with Milene (Gym Floor)
	13:10-13:50 Strength & Conditioning with Mark (Sports Hall)	13:10-13:50 Interval Training with Milene (Gym Floor)	13:10-14:00 Pilates with Taisi (Studio)	13:10-13:50 SAS with Jason (Sports Hall)	13:10-13:50 Spin with Taisi (Studio)
	14:10-14:40 Core blast with Milene (Studio)	13:10-13:50 Body conditioning with Joe (Studio)	13:15-13:45 Express Kettlebell with Milene (Sports Hall)	13:10-13:50 Spin & Abs with Joe (Studio)	
	15:00-15:45 Advanced Lifting with Mark (Gym Floor)	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)	
<b>EVENING</b>	17:45-18:30 Body Pump with Taisi (Studio)	17:45-18:30 Boot camp with Jane (Sports Hall)	17:45 -18:45 Dynamic Yoga with Lourdes (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 [Joseph.Girma@nuffieldhealth.com](mailto:Joseph.Girma@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.