

On-Site Class Timetable:

1st April – 30th June 2026



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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|---|--|--|--|
| MORNING | 08:00-08:40 Morning Lifting with Mark (Gym Floor) | 08:00-8:40 TRX with Mark (Studio) | 07:45-08:45 Group Cycle with Sarah (Studio) | 07:45-08:30 Body Pump with Valeria (Studio) | |
| | | | | 08:00-08:40 Mobility & Stretch with Inari (Gym Floor) | |
| AFTERNOON | 12:10-12:50 Group Cycle with Sarah (Studio) | 12:00-13:00 Yoga with Thania (Studio) | 12:10-12:50 Circuit Training with Joshua (Sports Hall) | 12:00-12:40 Ballet Barre with Kate (Studio) | 12:00-13:00 Vinyasa Yoga with Thania (Studio) |
| | 12:10-12:50 Body Blast with Mark (Gym Floor) | 12:10-12:50 Fit X Workout of the Week with Joshua (Sports Hall) | 12:10-12:50 TRX with Mark (Studio) | 13:10-13:50 SAS with Mark (Sports Hall) | 12:10-12:50 Interval Training with Joshua (Gym Floor) |
| | 13:00-14:00 Dynamic Yoga with Hristina (Studio) | 13:10-13:50 Interval Training with Angelina (Gym Floor) | 13:10-13:50 Pilates with Taisi (Studio) | 13:10-13:50 Lifting with Angelina (Gym Floor) | 13:10-13:50 Group Cycle with Taisi (Studio) |
| | 13:10-13:50 Strength & Conditioning with Joshua (Sports Hall) | 13:10-13:50 Body Conditioning with Darshana (Studio) | 13:10-13:50 Kettlebell Strength with Angelina (Sports Hall) | 13:10-13:50 Group Cycle with Gil (Studio) | 13:10-13:50 Walking Club With Gym Team |
| | | 14:00-14:40 Ballet Barre with Kate (Studio) | 15:00-15:45 Pump! with Natalie #4 (Virtual Studio) | | 15:10-15:40 Aerobics with Kelly #1 (Virtual Studio) |
| EVENING | 17:45-18:30 Body Pump with Su-Lynn (Studio) | 17:45-18:30 Boot Camp with Valeria (Sports Hall) | 17:15-18:15 Dynamic Yoga with Thania (Studio) | 17:15-18:00 Pilates with Hristina (Studio) | |

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

A&O Shearman 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.

Deep stretching sessions to open up your body!
Tight hamstrings, hips, lower back?
Personalised targeted stretching sessions available. To book simply contact
darshana.kularatne@nuffieldhealth.com

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