

Group exercise timetable.

Q1 - 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
07.30 08.00	GRIT 30 mins Mahsa	07.45 08.30	HIIT 45 mins Nile	07.45 08.15	GRIT 30 mins Virtual	07.45 08.30	X-Fit 45 mins Lukas	07.30 08.30	BODYPUMP™ 60 mins Virtual
07.45 08.30	Cycle 30 mins Virtual	11.00 11.45	Pilates 45 mins Kevin	07.45 08.30	Cycle 45 mins Virtual	11.00 11.45	BODYPUMP™ 45 mins Virtual	10.45 11.45	Hatha Yoga 60 mins Audra
11.00 11.45	BODYPUMP™ 45 mins Virtual	12.00 12.45	BODYPUMP™ 45 mins Pat	11.00 11.45	Fitness Pilates 45 mins Gina	12.00 12.45	Boxing 45 mins Mark	12.00 12.45	Zumba 45 mins Angie
12.00 12.45	Extreme Circuits 45 mins Miguel	12.15 12.45	Synergy Circuits 30 mins Mark	12.00 12.45	Body Sculpt 45 mins Winston	12.00 12.15	Express Abs 15 mins Charlie	12.15 13.00	Cycle 45 mins Virginia
12.15 12.45	Synergy Circuits 30 mins Leon	12.15 13.00	Cycle 45 mins Mel	12.15 13.00	Drills for Speed 45 mins Virginia	12.15 12.45	Skill Mill Circuits 30 mins Charlie	12.15 12.45	Synergy Circuits 30 mins Team
12.45 13.00	Express Abs 15 mins Leon	13.00 13.45	Body Conditioning 45 mins Leah	12.15 12.45	Synergy Circuits 30 mins Miguel	12.15 13.00	Cycle 45 mins Sarah	12.45 13.00	Express Abs 15 mins Team
12.15 13.00	Cycle 45 mins Virginia	13.15 13.45	Express Cycle 30 mins Mahsa	12.45 13.00	Express Abs 15 mins Miguel	13.00 13.45	Body Conditioning 45 mins Mahsa	13.00 14.00	Dynamic Yoga 60 mins Trevor
13.00 13.45	BODYPUMP™ 45 mins Mahsa	15.00 15.45	Cycle 45 mins Virtual	13.00 13.45	Extreme Circuits 45 mins Charlie	14.00 14.45	Pilates 45 mins Sheila	13.15 14.00	Cycle 45 mins Virtual
13.15 14.00	Cycle 45 mins Nile	15.15 16.00	BODYPUMP™ 45 mins Leon	13.15 13.45	Express Cycle 30 mins Miguel	15.00 15.45	Cycle 45 mins Virtual	14.15 15.00	BODYPUMP™ 45 mins Michaela
14.00 14.45	Fitness Pilates 45 mins Maria	17.30 18.00	HIIT 30 mins Mark	14.00 14.45	Hatha Yoga 45 mins Sarah	15.15 15.45	HIIT 30 mins Mel	15.15 16.00	Friday Blast 45 mins Team
15.00 15.45	Cycle 45 mins Virtual	18.00 18.45	Cycle 45 mins Caroline	15.00 15.45	HIIT & Abs 45 mins Mahsa	17.15 18.00	BODYPUMP™ 45 mins Sid	17.15 17.45	Express Cycle 30 mins Virtual
17.15 18.15	Dynamic Yoga 60 mins Amanda	18.15 19.15	Kick boxing 60 mins Gabor	17.30 18.15	BODYPUMP™ 45 mins Sid	18.15 19.00	Pilates 45 mins Kevin	17.30 18.15	BODYPUMP™ 45 mins Virtual
18.30 19.15	Cycle 45 mins Maria			18.30 19.30	Dynamic Yoga 60 mins Trevor				

- Mind and Body
- Strengthening
- Conditioning
- Cycle
- Gym Floor

Class bookings can be made online by logging on to our online booking portal <https://member.nuffieldhealth.com/bookings>

Live Well Fitness Centre is conveniently located on the ground floor of CGC1
Please contact our reception desk on **020 7986 5221** for further information

To create an account you will need your membership number and email address that is registered to you on our membership system.

Mind and Body

<p>Pilates A conditioning and toning system targeting deep muscles supporting the spine and major joints. Pilates improves posture, balance and builds core strength.</p>	<p>Fitness Pilates Combine Pilates with full body exercises to push the body further. This class is great for burning calories and toning up.</p>	<p>Dynamic Yoga A fluid practice focusing on moving with the breath between each posture. A more challenging form of yoga this will improve flexibility and balance as well as improving all over strength.</p>	<p>Hatha Yoga Hatha is a gentler form of yoga allowing the practitioner more time to explore each posture. This class is great for those looking to slow down and de-stress. It is also suitable for beginners.</p>
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Strengthening

<p>BODY PUMP™ A combination of high repetition weight training with aerobic conditioning. Designed to tone and condition your body.</p>	<p>X-Fit A cross-fit inspired class consisting of functional exercises to improve the movement patterns in your everyday life.</p>	<p>Extreme Circuits/Friday Blast A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your strength and endurance.</p>
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Conditioning

<p>Body Conditioning This class is designed to hit all the areas of the body in one! Targeting each area of the body using a variety of weights and cardio, this class will find muscles you didn't know you had.</p>	<p>Body Sculpt Tone and sculpt your entire body with a mix of cardio and strength work.</p>	<p>HIIT (High Intensity Interval Training) Utilising short interval periods to improve your athletic capacity and burn fat. HIIT & Abs A mix of intense HIIT and core strengthening work to condition and tone.</p>	<p>Zumba An energetic dance class to Latin music.</p>	<p>GRT on a combination of bodyweight and barbell work to increase your stamina in a HIIT format.</p>	<p>Focusing A challenging mix of boxing & kickboxing to unleash the strength you never knew you had.</p>	<p>Boxing Jab, hook and upper cut your way through this high intensity workout. Using pad work and fitness drills this interactive class is designed to get you fit and let off steam.</p>
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Group Cycle

<p>Drills for Speed A tough 45 minute incorporating cycle specific techniques to improve your speed.</p>	<p>Cycle Burn fat fast and improve cardiovascular endurance with this indoor cycling class.</p>	<p>Virtual Myride This is a virtual spin class with an expert virtual instructor and a visual road for you to follow.</p>
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Gym Floor

<p>Synergy Circuits A circuit based workout using a combination of resistance equipment on the gym floor. A challenging, effective and fun workout which works all major muscle groups. Make sure to bring your Myzone heart rate monitor with you to earn your MEPS! (Myzone Effort Points).</p>	<p>Skill Mill Circuits A 30 minute high intensity form of interval training using the Skill Mill treadmills along with functional exercises to increase your fat burning potential and increase your metabolic rate.</p>	<p>Express Abs Wake up those abdominal muscles with this intense 15min class.</p>
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Timetable subject to change. Maximum participation for studio classes is 18. Maximum capacity for gym floor classes is 8. Once a class begins any remaining spaces will be given to those on the waiting list. No entry is permitted after 5 minutes. If you are pregnant please seek advice from your GP/midwife before joining a studio class and inform the instructor before the class begins.