

Exercise Class Timetable

Autumn 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.30	Military Bootcamp	07.00 07.45	Body Conditioning	07.00 07.30	Grit Cardio*	07.00 07.45	Autumn Assault	07.00 07.45	Spin	09.00 09.45	Virtual Myride	10.30 11.15	Body Conditioning
07.45 08.15	Cx Works	12.15 12.45	Kettlebells	07.30 08.00	Grit Strength*	07.45 08.30	Virtual Myride	12.15 12.45	Grit Plyo*	09.45 10.30	Baltimore Bootcamp	11.30 12.00	Express Spin
12.15 13.00	Coach by Colour Spin	12.45 13.15	Express Spin	12.15 13.00	Strongman Conditioning	12.15 13.00	Spin	12.15 13.00	Hatton ABC (Boxing)	10.30 11.30	Yoga	12.15 12.45	Core
12.15 12.45	Grit Cardio*	13.00 13.45	Hatton ABC (Boxing)	12.30 13.00	Synrgy 360	12.15 12.45	Express Hatton ABC (Boxing)	13.00 13.30	CX Works	11.00 11.45	Coach By Colour Spin	12.30 13.30	Body balance
13.00 13.45	Strongman Conditioning	13.10 13.55	Yoga	13.00 13.45	Bodypump	12.45 13.05	Quick HITT*	13.00 13.50	Body Balance	11.45 12.45	Yoga	14.00 14.15	Virtual Myride
17.15 18.00	Virtual Myride	13.15 13.45	Synrgy 360	13.00 13.45	Coach by Colour Spin	13.05 13.20	AB Blast	18.00 18.45	Baltimore Bootcamp	12.00 12.30	Synrgy 360		
18.00 19.00	Bodypump	17.15 18.00	Virtual Myride	13.45 14.00	AB Blast	13.00 13.45	LBT	19.00 19.45	Virtual Myride	14.00 14.45	Virtual Myride		
18.00 18.45	Hatton ABC (Boxing)	18.00 18.45	Zumba	18.00 18.30	GRIT Plyo*	13.10 13.55	Yogalates						
18.45 19.00	AB Blast	18.15 19.00	Coach by Colour Spin	18.30 19.00	Express Spin	18.00 18.30	Synrgy 360						
19.00 20.00	Yogalates	19.05 20.05	Yin Yoga	18.15 19.00	Dance Class of the Month	18.00 19.00	Pilates						
19.00 19.45	Coach by Colour Spin	19.00 19.45	Insanity*	19.00 20.00	Bodypump	19.00 19.45	Baltimore Bootcamp						
19.15 19.45	Cx Works	20.15 20.45	Grit Strength*	19.00 19.45	Military Bootcamp								

KEY	*High intensity Class	AEROBIC FITNESS	MUSCULAR CONDITIONING & TONING
	RELAX & RE-ENERGISE	EXPRESS CLASSES	VIRTUAL

LEVEL OF CLASSES

All of our classes are open to everyone and will cater for all fitness levels so you can go at your own pace. If you are unsure or have any questions just arrive a few minutes early and speak to a member of the team.

The latest activity schedule is also available on our website, or call **0207 093 0277** for more details.

Please contact Mary for any class questions or queries at **Mary.Durojaye@nuffieldhealth.com**

We update our class timetable periodically, so please continue to provide us with feedback as it helps us improve our service to you.