

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.30	Military Boot Camp	07.00 07.45	Barbell Blitz	07.00 07.45	Insanity*	07.00 07.45	Spartan Workout*	07.00 07.45	X-Fit*	10.00 10.45	Fatburner*	10.00 11.00	Spin & Abs
07.30 07.45	Abs Blast	12.15 13.00	Insanity*	12.10 12.55	LBT	12.15 12.45	Power*	12.15 13.00	LBT	11.00 12.00	Yoga	13.00 13.45	Barbell Blitz
12.15 13.00	HIIT*	13.00 13.45	Box Fit	12.15 13.00	Strongman Conditioning	12.30 13.15	Spin	13.00 13.45	Box Fit	13.00 13.45	Spin	13.45 14.00	Express Abs
12.15 13.00	Spin & Abs	13.00 13.45	Yoga	13.00 13.30	Club Plyo*	13.10 13.55	Yoga	18.00 18.45	Circuits	13.45 14.00	Express Abs		
13.00 13.45	Club Pump	18.00 18.45	Zumba	18.00 18.45	Club Pump	18.00 18.45	Functional Fitness						
13.00 13.45	Powerlifting	18.15 18.45	Cardio Blast*	18.00 18.45	Spin	18.00 18.45	Pilates						
18.00 18.45	LBT Step	19.00 19.45	Spin	19.00 19.45	Military Bootcamp*	19.00 19.45	On a Mission: Boxing conditioning						
18.15 18.45	Power*	19.00 19.45	Fight Club										
19.00 19.45	Spin	20.00 20.30	Express X-Fit*										
19.00 19.45	Yoga												
20.00 20.45	Club Combat												

* High intensity class

KEY

AEROBIC FITNESS	MUSCULAR CONDITIONING & TONING
RELAX & RE-ENERGISE	EXPRESS CLASSES

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 a regular exerciser looking for more of a challenge, then the classes marked with a * may be an ideal choice for you. 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 Emily for any class questions or queries at emily.hawksford2@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.