

Exercise Class Timetable

Winter 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.30	Military Bootcamp	07.00 07.45	Hatton ABC (Boxing)	07.15 07.45	Grit Plyo*	06.45 07.30	Primal Synrgy	07.00 07.45	Nu Cycle	09.00 09.45	Nu Cycle - Escape	10.30 11.15	Body Conditioning
12.15 12.45	Grit Strength*	12.15 13.00	LBT	12.15 13.00	Strongman Conditioning	07.45 08.30	Nu Cycle - Escape	12.15 13.00	Barre	09.45 10.30	Baltimore Bootcamp	11.30 12.00	ICG HEAT - Cycling
12.45 13.15	ICG HEAT - Cycling	12.30 13.15	X-FIT*	12.30 13.00	CxWorx	12.15 13.00	Nu Cycle	12.15 13.00	Hatton ABC (Boxing)	10.30 11.30	Yoga	12.00 12.30	Core
13.00 13.45	Strongman Conditioning	12.45 13.15	Nu Cycle - Escape	13.00 13.45	X-FIT*	12.15 13.00	LBT	13.00 13.30	Synrgy 360	11.45 12.45	Yoga	12.30 13.30	Body Balance
17.15 18.00	Nu Cycle - Escape	13.10 13.55	Body Balance	13.05 13.50	Bodypump	13.00 13.30	Kettlebells	13.10 13.55	Body Balance	12.00 12.30	Synrgy 360	14.00 14.45	Nu Cycle - Escape
18.00 18.45	Hatton ABC (Boxing)	13.15 13.45	Synrgy 360	18.00 18.30	Grit Cardio*	13.10 13.55	Yogalates	18.00 18.45	Baltimore Bootcamp	13.00 13.45	Nu Cycle		
18.00 19.00	Bodypump	17.15 18.00	Nu Cycle - Escape	18.15 19.00	Ballet Barre	17.45 18.30	X-FIT*	19.00 19.45	Nu Cycle - Escape	14.00 14.45	Nu Cycle - Escape		
18.45 19.00	AB Blast	18.00 18.45	Zumba	18.30 19.00	ICG HEAT - Cycling	18.00 18.45	Zumba						
19.00 20.00	Yogalates	18.15 19.00	Nu Cycle	19.00 20.00	Bodypump	18.00 19.00	Pilates						
19.00 19.45	Nu Cycle	19.00 19.45	Body Conditioning	19.15 20.00	Hatton ABC (Boxing)	19.00 19.45	Baltimore Bootcamp						
19.15 19.45	CxWorx	19.05 20.05	Yin Yoga	20.00 20.45	Military Bootcamp								
20.00 20.45	Baltimore Bootcamp	20.15 20.45	Grit Cardio*										

KEY	*High intensity Class	CYCLING	MUSCULAR CONDITIONING & TONING
	RELAX & RE-ENERGISE	AEROBIC	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.