

Group Exercise Timetable – June 2019

Enfield Grammar School

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio													
18.00 18.30	Legs, Bums & Tums	17.30 17.45	Ab Blast	18.00 18.30	HIIT	17.30 17.45	Ab Blast	18.30 18.45	Ab Blast	9.30 9.45	Ab Blast	10.00 10.15	Ab Blast
18.30 19.30	Bokwa	17.45 18.15	Cardio Blast	18.30 19.00	Circuits	17.45 18.30	Legs, Bums & Tums			9.45 10.30	Circuits	10.15 11.00	Bootcamp
19.30 19.45	Ab Blast	18.15 19.00	Box Fit	19.00 19.15	Ab Blast	18.30 19.00	Barbell Blast			10.30 11.00	Mobility Fundamentals		
20.00 21.00	Yoga	19.00 20.00	Pilates	19.15 20.00	Total Body Training	19.00 20.00	Pilates						
				20.00 21.00	Yoga								
Spin Studio													
17.30 18.00	Spin	19.30 20.00	Spin	17.30 18.00	Spin	19.30 20.00	Spin	18.00 18.30	Spin	9.00 9.30	Spin		

Opening times.

Mon-Thurs: 17.30–22.00

Fri: 17.00–21.00

Sat-Sun: 08.00–16.00

Key

Core	Aerobic	Functional
Mind and Body	Strengthen	

Functional			
Mobility Fundamentals	A combination of multiple methods of stretching, foam rolling, muscle pain release and movement quality improvement.	Pilates	Applying fundamental Pilates techniques and exercises, this class is suitable for people of all ages aiming to offset musculoskeletal imbalances.
BoxFit	A challenging but fun class that will not only focus on improving your boxing technique. It will also improve your fitness, strength and reduce stress levels.		
Aerobic			
Spin	Taking you through a series of sprints, climbs and a variety of other moves to maximise your calorie burn.	H.I.I.T	A high intensity class using a mixture of cardiovascular and resistance exercise to get your heart rate up and working hard.
Bootcamp	Combining a mixture of resistance and cardiovascular exercise to make you work as hard as possible.	Bokwa	Participants draw letters, shapes and numbers with their feet whilst performing an energising and addictive cardio workout.
Cardio Blast	Taking you through a variety of exercises focusing on cardiovascular movements designed to raise your heart rate and improve fitness.		
Core		Mind & Body	
Ab Blast	A 15 minute class focusing solely on toning and strengthening those abdominal muscles.	Yoga	Creating balance in the body through developing both strength and flexibility through a series of poses and controlled movements.
Strengthen			
Circuits	A combination of different exercises set out in a circuit format to provide a full body workout.	Legs, Bums & Tums	Using a series of specific exercises aiming at toning up your legs, bums and tums.
Total Body Training	A combination of resistance and cardiovascular exercises designed to give you a full body workout.	Barbell Blast	A barbell resistance based class that focuses on different moves designed to help you build and tone muscle.

For class bookings, contact us via –

Web: <https://member.nuffieldhealth.com/bookings>

Email: nuffieldhealth@enfieldgrammar.com

Tel: 020 8362 3150

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