

Nuffield Health Class Timetable

Monday		Tuesday		Wednesday		Thursday		Friday	
7:00 – 7:45	Circuits I Studio 1 – 45 min I Jordanne / Noel I	7:00 – 7:45	Ab-Attack! I Studio 1 – 45 min I Rupert I	7:00 – 7:45	Pump I Studio 1 – 45 min I Jordanne I	7:00 – 7:30	HIIT I Studio 1 – 30 min Sam I	7:00 – 7:45	Spin-Fit I Studio 1 – 45 min I Noel / Rupert I
8:00 – 8:45	Body Balance I Studio 1 – 45 min I Virtual I	8:00 – 8:45	GRIT Cardio I Studio 1 – 45 min I Virtual I	8:00 – 8:45	Spin-Fit I Studio 1 – 45 min I Jordanne I	8:00 – 8:30	GRIT Strength I Studio 1 – 30 min I Virtual I	8:00 – 8:30	Body Pump I Studio 1 – 30 min I Virtual I
12:05 – 12:50	Body Combat I Studio 1 – 45 min I Virtual I	12:05 – 12:50	LBT I Studio 1 – 45 min I Rupert I	12:05 – 12:50	Yoga I Studio 1 – 45 min I External I <u>Coming Soon!</u>	12:05 – 12:50	Circuits I Studio 1 – 45 min I Rupert I	12:05 – 12:50	RPM I Studio 1 – 45 min I Virtual I
13:05 – 13:50	LBT I Studio 1 – 45 min I Jordanne / Rupert I	13:05 – 13:50	Strong Nation™ I Studio 1 – 45 min I Rupert I	13:05 – 13:50	Boxercise I Studio 1 – 45 min I Noel I	13:05 – 13:50	Pilates I Studio 1 – 45 min I Nikki I 4 th November 21	13:05 – 13:50	Kettlecise I Studio 1 – 45 min I Rupert / Noel I
						13:00 – 13:45			
14:00 – 14:30	Sprints I Studio 1 -30 min I Virtual I	14:00 – 14:30	Sprints I Studio 1 -30 min I Virtual I	14:00 – 14:45	RPM I Studio 1 -45 min I Virtual I	14:00 – 14:45	Nuffield 24/7 I Studio 1 – 45 min I Any I <u>Coming Soon!</u>	14:00 – 14:30	Sprints I Studio 1 -30 min I Virtual I
17:15 – 18:00	Bootcamp I Studio 1 – 45 min I Jordanne / Rupert I	17:15 – 18:00	Nuffield 24/7 I Studio 1 – 45 min I Any I <u>Coming Soon!</u>	17:15 – 18:00	Spin I Studio 1 – 45 min I Noel I	17:15 – 18:00	Spin-Fit I Studio 1 – 45 min I Rupert I	17:15 – 18:00	Studio Free

Tone

Bootcamp

Challenge yourself with a fast paced, calorie blasting workout, using the traditional boot camp style approach

X-Fit

Using a combination of bodyweight and compound exercises mixed together with some intense cardio bursts, X-Fit is a total anaerobic body workout.

Circuits

A perfect mix of weight and cardio, using reps and times to complete a whole body workout.

Kettlebells

A total body workout that combines power and strength to improve fitness levels. Compound exercises work multiple muscle groups whilst also improving grip strength.

Body Conditioning

Referring to exercises that increase your strength, speed and endurance

Cardio

LBT

LBT is a full body aerobic workout that aims to tone up and build strength in thighs, bum and stomach.

Pump

The original barbell class that shapes, tones and strengthens your entire body.

Boxercise

A Boxing class that utilises pad work, body weight exercises and cardio to work every muscle in the body!

Workout of the Week!

A brilliant unknown workout decided by the instructor. Be prepared for anything including circuits, HIIT, Abs, Toning , PUMP.

Nuffield 24/7

Free use of our Nuffield 24/7 classes. Chose a NH Instructor, Class type and get going for a calorie burning workout!

Studio Free

Free Studio use for Virtual, Nuffield 24/7 or your own type of class/workout wanted!

Spin & Dance

Spin

A traditional Spin class, using exercise to music, this class will take you through Sprints, Hills and Core Working Movements for a full body workout.

Spin & Core

A class designed to benefit your body in more than one way. Starting on the bike with a challenging ride following with power core moves.

Spin-Fit

Spin-Fit is an excellent way to incorporate spin into a HIIT session. Working on and off the bike you will work all your muscles in your body.

Zumba!

An adult dance class, with routines alternating fast and slow rhythms to create a whole body work out.

Body Balance

A yoga, Pilates and Tai Chi based class that will improve your mind, body and your life.

Body Combat

Featuring a fiercely energetic cardio workout inspired by a mixture of martial arts, kicking and punching your way into fitness.

Body Pump

The original barbell class that shapes, tones and strengthens your entire body.

GRIT Strength

Strength is a HIIT workout, designed to improve strength using a barbell, weight plate and bodyweight exercises.

GRIT Athletic

A high-intensity interval sports condition workout.

GRIT Cardio

A high-intensity workout that improves cardiovascular, increases speed and maximizes calorie burn.

RPM!

Its fun, low impact and you can burn up to 650 calories a session using a spin bike.

Sprints!

It's a short, intense style of training which allows you to push yourself to maximum effort achieving your best possible results.

HIIT & External

HIIT

A fast paced workout with little to no rest. The whole body will be put to the test with this class!

Tabata

A structured HIIT class that uses the Tabata style of X amount of seconds on and X amount of seconds off approach. Each round will last 4 – 8 minutes. There could be anything from 5 – 10 rounds

Strong Nation

STRONG Nation™ combines high intensity interval training with the science of Synced Music Motivation.

Yoga

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

Pilates

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.