

# Q2 Group Exercise Timetable

## April to July 2019



Monday		Tuesday		Wednesday		Thursday		Friday	
7:30	Plyo 360	7:30	Express Cycle	7:30	Circuits NEW	7:30	Tabata	7:30	EMOM
8:00	S2   Ash	8:00	S1   Tom	8:15	S2   Jason	8:00	Gym Studio   Loredana	7:50	Gym Floor   Team
11:30	Treadmill Bootcamp	8:00	EMOM	11:30	Mindfulness	7:30	Body Pump	7:30	Pilates
12:00	Cardio Area   Jack	8:20	Gym Floor   Jack	11:50	S2   Conor	8:15	S2   Pat	8:30	S1   Suzan
11:30	LBT	11:30	Express Cycle	11:30	EMOM	11:30	Kettlebells	7:45	Body Pump
12:00	Gym Floor   Corin	12:00	S1   Loredana	11:50	Gym Floor   Jason	12:00	Gym Floor   Corin	8:30	S2   Paulina
11:45	Pilates	12:00	HIIT	11:30	Outdoor Conditioning NEW	12:00	AMRAP NEW	7:50	Ab Attack
12:45	S2   Carmen	12:30	Gym Floor   Tom	12:30	Club Reception   Nel	12:20	Gym Studio   Loredana	8:05	Gym Floor   Team
12:00	Kettlebells	12:10	PIYO	12:00	Recovery & Mobility	11:30	Physio Conditioning NEW	11:30	Fit Friday NEW
12:30	Gym Floor   Alex	12:40	S2   Arleta	12:30	S2   Loredana	12:00	S2   £10 per session	12:00	Gym Floor   Fitness
12:10	Express Cycle NEW	12:10	Express Cycle	12:10	Express Cycle	12:00	Group Cycle	11:45	Hatha Yoga
12:40	S1   Nel	12:40	S1   Nel	12:40	S1   Alex	12:45	S1   Conor	12:45	S2   Paula
12:30	TBC	12:45	Ab Attack	12:30	TBC	12:15	Hatha Yoga	12:00	Express Cycle
13:00	Gym Floor   Jack	13:00	S2   Loredana	13:00	Gym Floor   Corin	13:15	S2   Ian	12:30	S1   Omar
12:50	Ab Attack	12:55	Dance	12:35	CXWorX NEW	12:30	Omnia	12:45	Body Combat
13:05	S2   Ash	13:40	S1   Arleta	13:00	S2   Nel	13:00	Gym Floor   Jack	13:30	S1   Nel
13:00	Zumba	13:00	Tabata	13:00	Kettlebells	13:00	Boxing	12:50	Ab Attack
13:45	S1   Arleta	13:30	Gym Studio   Jack	13:30	Gym Floor   Loredana	13:45	S1   Alex	13:05	S2   Omar
13:30	Yogalates	13:30	Kettlebells	13:05	Body Combat NEW	13:30	CXWorX	13:00	555
14:30	S2   Veronique	14:00	Gym Floor   Omar	13:50	S1   Nel	14:00	S2   Sid	13:30	Gym Studio   Team
17:30	Body Combat	13:30	Pilates	13:20	Vinyasa Yoga	14:25	Pilates	13:30	Stretch
18:15	S2   Pat	14:30	S2   Marcela	14:20	S2   Sharon	15:25	S2   Laurent	14:30	S2   Team
18:00	Tabata	16:00	Hatha Yoga	13:30	TRX	17:30	Dynamic Vinyasa Yoga	17:30	HIIT
18:30	Gym Studio   Jack	16:55	S2   Suzan	14:00	Gym Floor   Tom	18:30	S2   Jess	18:00	Gym Floor   Team
18:15	Express Cycle NEW	17:45	Boxing	17:30	555 NEW	17:30	Treadmill Bootcamp		
18:45	S1   Conor	18:30	S1   Omar	18:00	Gym Studio   Tom	18:00	Cardio Area   Jack		
18:20	Body Pump	17:30	Body Pump NEW	17:30	Pilates	17:35	Dance		
19:05	S2   Paulina	18:15	S2   Nel	18:30	S2   Laurent	18:20	S1   Stefan		
18:30	Kettlebells	18:15 - 19:15	JPM Running Club	18:00	Express Cycle	18:00	Eliminator		
19:00	Gym Floor   Alex	18:30 - 19:30	* See info below	18:30	S1   Kayleigh	18:30	Gym Studio   Tom		
19:10	Ab Attack	18:20	Ab Attack NEW	18:00	Eliminator NEW	18:30	Body Pump		
19:25	S2   Jason	18:35	S2   Corin	18:30	Gym Studio   Corin	19:15	S2   Sid		
		18:40	AMRAP NEW	18:35	Ab Attack				
		19:00	Gym Floor   Corin	18:50	S2   Jack				

- Mind and Body
- Condition & Tone
- Cardio & Calorie Burn
- Cycle
- Gym Floor

Timetable subject to change.

A minimum of 2 participants are required for each class to take place.

Class bookings can be made online by logging on to our online booking portal

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

JPM Running Club Track Sessions (Intermediate/Advanced) contact: [simon.egan@jpmorgan.com](mailto:simon.egan@jpmorgan.com)

Physio Conditioning is a pay class £10 per session and booking can be made via online portal.

# Class Description



Mind and Body									
<b>Hatha Yoga</b> Hatha is a gentler form of yoga allowing the practitioner more time to explore each posture.	<b>Mindfulness</b> Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings)	<b>Pilates</b> This class helps you gain strength, stamina and flexibility safely, as you are guided through a series of beginner movements, modified and tailored to your own needs and ability.	<b>PiYo</b> This pre-designed class will really get your heart rate going as it features various styles of yoga and Pilates in continuous movement and flow from one exercise to another.	<b>NEW Outdoor Conditioning</b> This class combines aerobic, flexibility, and strength training in a positive, energizing environment.	<b>Recovery &amp; Mobility</b> A conditioning and toning system targeting deep muscles supporting the spine and major joints.	<b>Physio Conditioning</b> Our physiotherapist Chris will help you through exercises how to recover from injury, develop your performance and eradicate aches and pains. Screen it Treat it Correct it Train it Fixed it!	<b>Stretch</b> Focusing on deeply stretching the body. This is a great way to loosen tight muscles, improve circulation, relax and feel better, improving range of motion and reducing pain.	<b>Vinyasa Yoga</b> Also called flow, Vinyasa is one of the most popular types of yoga because of its fast-paced, fitness-based approach.	<b>Yogalates</b> Combining Pilates and Yoga, Yogalates increase endurance with the stretching and explore the spiritual aspects of yoga for the complete mind and body workout.

Cardio & Calorie Burn										
<b>AMRAP</b> Defined as an abbreviation that means "as many reps as possible," meaning to do a circuit of exercises as many times as possible within a specific period of time.	<b>Body Combat</b> A high energy structured workout that combines movements from the martial arts.	<b>Boxing</b> Boxing moves to empower you on your journey to peak fitness.	<b>Circuits</b> A high intensity, fast paced interval circuit, designed to push you to your limits.	<b>Eliminator</b> This interactive class allows you as the member a chance to have some say in the way the class is run. At the end of every round one exercise is eliminated from the exercise list you begin with.	<b>EMOM</b> EMOM means "every minute on the minute", and is a staple part of the CrossFit training.	<b>HIIT (High Intensity Interval Training)</b> Short interval periods to improve your athletic capacity and burn fat.	<b>Omnia</b> Functional training system which optimizes strength, endurance, flexibility, coordination and speed.	<b>Tabata</b> High intensity interval training workout. You will perform one high intensity exercise for 20 seconds followed by a 10 second rest.	<b>Treadmill Bootcamp</b> This workout not only is going to burn a ton of calories during and after, but it's going to tone your entire body!	<b>Zumba</b> A fun and exciting way to dance yourself into a great shape

Condition & Tone								
<b>555</b> 5 people, 5 exercises, 5 rounds. A circuit based class that will combine a number of training methods from bodyweight exercises to compound movements.	<b>Ab Attack</b> This functional training class will focus on the muscles of your abs and your back.	<b>CXWorX</b> During this 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.	<b>Kettlebells</b> Combine cardiovascular and strength and flexibility training for a full body workout by using this dynamic weight concept.	<b>LBT / TBC</b> The ultimate lower body class, concentrating on the hips, thighs, buttocks and abdominals.	<b>Body Pump</b> A high repetition weights based class set to uplifting music. This is a challenging and effective workout for all major muscle groups.	<b>Plyo 360</b> Come and jump around in our Plyometric based workout combining speed, agility and power.	<b>NEW Fit Friday</b> A different workout for every Friday. Working upper and lower body, toning and strengthen all major muscle groups.	<b>TRX - Total Body Resistance Exercise</b> TRX is suspension training, perfect for gentle rehabilitation, high intensity athletic training and everything in between.

Group Cycle	
<b>Express Cycle</b> Burn fat fast and improve cardiovascular endurance with this 30 minutes indoor cycling class.	<b>Group Cycle</b> A tough 45 minute incorporating cycle specific techniques to improve your speed.