

24 WORKOUTS



Take your pick from the sessions below and enjoy your workout either at home or in the gym, on our brand new digital platform **Nuffield Health 24/7**.

07:00	30 mins	HIIT	14:00	30 mins	DanceFit!
07:30	15 mins	Core	14:40	30 mins	LBT
07:50	25 mins	Stretch & Mobility	15:15	15 mins	Stretch
08:25	35 mins	Pump	15:40	40 mins	Combat
09:10	40 mins	Pilates	16:30	30 mins	Total Body Workout
10:00	30 mins	Mature Movers	17:10	30 mins	HIIT
10:40	30 mins	Lower Body Workout	17:45	15 mins	Core
11:15	30 mins	Full Body Workout	18:10	40 mins	Attack
11:45	15 mins	Core	19:00	30 mins	Barre Fit
12:10	30 mins	Combat	19:40	40 mins	Pump
12:50	30 mins	HIIT	20:30	40 mins	Yoga
13:25	25 mins	Stretch & Mobility	21:10	30 mins	Meditation

Visit nuffieldhealth.com/nationalfitnessday to find out more.