

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.30	Baltimore Bootcamp Richard - Main Studio	06.15 07.00	Nu Cycle - DRILLS Cycle Studio	07.00 07.45	Body Pump Anna - Main Studio	06.15 07.00	NuCycle - DRILLS Cycle Studio	07.00 07.45	NuCycle - Freestyle Gym Team - Cycle Studio	09.00 10.00	NEW - NuCycle - Freestyle Richard - Cycle Studio	10.30 11.15	Body Conditioning Gym Team - Main Studio
07.45 08.15	Kettlebells Richard - Main Studio	07.00 07.45	Body Conditioning Rob - Basement	12.15 13.00	Strongman Conditioning Rob - Basement	07.00 07.45	NEW - Yoga Chris - Holistic Studio	12.15 13.00	Barre Yvette - Holistic Studio	09.15 10.00	Baltimore Bootcamp Gym Team - Main Studio	11.30 12.00	NuCycle - Freestyle Gym Team - Cycle Studio
12.15 12.45	GRIT Strength* Nathan - Main Studio	12.15 13.00	LBT Fran - Main Studio	12.30 13.00	CxWorx Ryan - Top Floor Studio	07.00 07.45	Primal Synrgy Joseph - Synrgy Area	12.15 13.00	Hatton ABC (Boxing) Gym Team - Boxing Ring	10.30 11.30	NEW - Vinyasa Yoga Advanced Emma - Holistic Studio	11.30 12.30	Clubbercise Scott - Main Studio
12.45 13.15	ICG HEAT - Cycling Joseph - Cycle Studio	12.30 13.15	NEW - Summer Run Club Stephanie - Outside	12.45 13.30	NuCycle - Freestyle Stacey - Cycle Studio	12.15 13.00	LBT Fran - Main Studio	13.00 13.30	Synrgy 360 Gym Team - Synrgy Area	11.45 12.45	Vinyasa Yoga Emma - Holistic Studio	12.30 13.30	Body Balance Scott - Holistic Studio
13.00 13.45	Vinyasa Yoga Kat - Holistic Studio	12.30 13.15	X-Fit Reece - Basement	13.00 13.45	Pilates Anna - Holistic Studio	13.00 13.30	Kettlebells Stacey - Main Studio	13.10 13.55	Body Balance Scott - Holistic Studio	12.15 12.45	Synrgy 360 Gym Team - Synrgy Area	13.30 14.00	Core Gym team - Main Studio
13.00 13.45	Strongman Conditioning Rob - Basement	13.10 13.55	NEW - Clubbercise Scott - Main Studio	13.05 13.50	Bodypump Nathan - Main Studio	13.10 13.55	Yogalates Veronique - Holistic Studio	18.00 18.45	Baltimore Bootcamp Gym Team - Main Studio	13.00 13.45	NuCycle - Escape Cycle Studio		
17.45 18.00	NEW - Bodypump Technique Clinic Fran - Main Studio	13.15 13.45	Synrgy 360 Ryan - Synrgy Area	18.15 19.00	Barre Topaz - Holistic Studio	18.00 18.45	NEW - Fight Club Reece - Top Floor Studio	19.00 19.45	NuCycle - Escape Cycle Studio				
18.00 19.00	Bodypump Fran - Main Studio	17.15 18.00	NuCycle - Escape Cycle Studio	18.30 19.15	NEW - Body Combat Jen & Emily - Top Floor Studio	18.00 19.00	Functional Pilates Stacey - Holistic Studio						
18.00 18.45	Hatton ABC (Boxing) Joey - Boxing Ring	18.00 19.00	Functional Pilates Stacey - Holistic Studio	19.00 20.00	Bodypump Fran - Main Studio	18.00 18.45	Zumba VJ - Main Studio						
18.45 19.00	Hard Core Joey - Basement	18.00 18.45	Zumba Anna - Main Studio	19.15 20.00	Hatton ABC (Boxing) Rob - Boxing Ring	19.00 19.45	Baltimore Bootcamp Joey - Main Studio						
19.00 20.00	Yogalates Veronique - Holistic Studio	18.05 18.50	NuCycle - Freestyle Richard - Cycle Studio	20.00 20.30	NEW - Kettlebells Richard - Main Studio								
19.00 19.45	NuCycle - Freestyle Reece - Cycle Studio	18.55 19.40	Body Conditioning Joseph - Main Studio										
19.15 19.45	CxWorx Ryan - Top Floor Studio	19.35 20.35	Yin Yoga Kate - Holistic Studio										
20.00 20.45	NEW - Body Combat Emily - Top Floor Studio	20.15 20.45	GRIT Cardio* Nathan - Top Floor Studio										

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 Stacey for any class questions or queries at **Stacey.waite@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.