

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
07.00	BossFit NEW	06.45	Bootcamp	07.00	BODYPUMP™	06.45	Spinning	07.00	BODYATTACK™
07.40	Tio, Studio 1	07.30	Gabor, Studio 1	08.00	Marie, Studio 1	07.30	Marie, Studio 2	08.00	Cordelia, Studio 1
07.15	SKILLMILL	07.30	Spinning	07.00	SKILLMILL	06.45	Booty Blast	07.30	Express Core
07.45	Fitness Team, Gym Floor	08.15	Conor, Studio 2	07.30	Fitness Team, Gym Floor	07.30	Iva, Studio 1	07.45	Fitness Team, Gym Floor
07.45	Express Core	07.30	Express Core	07.30	Express Core	07.30	Express Core	07.45	Stretch and Extend NEW
08.00	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor	08.15	Fitness Team, Gym Floor
12.00	Dynamic Hatha Yoga	07.40	Pilates	07.45	Stretch and Extend NEW	07.35	Dynamic Hatha Yoga	12.00	Sweaty Friday
12.45	Helen, Studio 1	08.25	Esra, Studio 1	08.15	Fitness Team, Gym Floor	08.20	Paula, Studio 1	12.45	Jurgita, Studio 1
12.00	Spinning	10.30	SYNRGY180 NEW	12.00	BODYPUMP™ NEW INSTRUCTOR	10.30	Power Row NEW	12.00	BODYCOMBAT™
12.45	Marie, Studio 2	11.00	Fitness Team, Gym Floor	12.45	Nathan, Studio 1	11.00	Fitness Team, Gym Floor	12.45	Nadine, Studio 2
12.10	SYNRGY360	12.00	Bosu Conditioning	12.00	Race Day	10.30	Mindfulness	12.10	SYNRGY360
12.40	Fitness Team, Gym Floor	12.45	Paul, Studio 1	12.45	Paul, Studio 2	11.00	Dom, Conference Room	12.40	Fitness Team, Gym Floor
12.45	Express Core	12:00	Spinning	12.00	Total Barre™	12.00	Step and Conditioning	12.45	Express Core
13.00	Fitness Team, Gym Floor	12:45	Lauren, Studio 2	12.45	Karen, Ladies Studio	12.45	Jurgita, Studio 1	13.00	Fitness Team, Gym Floor
13.00	BODYPUMP™	12.10	SKILLMILL	12.10	SYNRGY360	12.00	Interval Cycle Training	13.00	Fusion Yoga
13.45	Marie, Studio 1	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	12.45	Paul, Studio 2	14.00	Anita, Studio 1
13.00	Xplosive HIIT NEW	12.45	Xtreme Core	12.45	Express Core	12.10	GRIT™ Cardio NEW	13.50	Spinning
13.30	Anja, Gym Floor	13.30	Paul, Studio 1	13.00	Fitness Team, Gym Floor	12.40	Dom, Gym Floor	14.35	Marie, Studio 2
13.00	Tabata Boxing	12.45	Express Core	12.50	Dancercise	12.15	Dance Fit	14.45	BODYPUMP™
13.45	Jermaine, Studio 2	13.00	Fitness Team, Gym Floor	13.35	Karen, Ladies Studio	13.00	Arleta, Ladies Studio	15.45	Marie, Studio 1
13.00	BootyBarre™	13.00	Barre Fit	12.55	BODYATTACK™ NEW INSTRUCTOR	12.45	Express Core	15.30	SYNRGY360 NEW TIME
13.45	Diane, Ladies Studio	13.45	Kate, Ladies Studio	13.40	Nathan, Studio 1	13.00	Fitness Team, Gym Floor	16.00	Fitness Team, Gym Floor
13.50	Tone Zone	13.00	Jungle Gym NEW	13.00	Core, Strength and Stretch	13.00	Athletic Enhancement	18.30	SKILLMILL
14.35	Jurgita, Studio 1	13.30	Josh, Studio 2	13.45	Paul, Studio 2	13.45	Paul, Studio 1	19.00	Fitness Team, Gym Floor
14.45	Spinning	14.45	Slide & Sculpt	13.45	Bosu Conditioning	13.00	BODYBALANCE™	19.05	Express Core
15.30	Marie, Studio 2	15.30	Jurgita, Studio 2	14.30	Paul, Studio 1	13.45	Jackee, Studio 2	19.20	Fitness Team, Gym Floor
15.15	Power Yoga	14.45	Stretch Flow Yoga	14.45	Yin Yoga	13.00	Kettlebell Mastery		
16.00	Veronique, Studio 1	15.30	Sharon, Studio 1	15.30	Sharon, Studio 1	13.45	Tio, Gym Floor		
15.30	Power Row NEW	16.10	GRIT™ Strength	15.30	SKILLMILL	14.45	Spinning		
16.00	Fitness Team, Gym Floor	16.40	Dom, Studio 1	16.00	Fitness Team, Gym Floor	15.30	Marie, Studio 2		
16.10	Pictionary 45 NEW	18.15	Vinyasa Flow Yoga	16.00	Pilates	15.00	BODYPUMP™		
16.55	Iva, Studio 1	19.00	Ian, Studio 1	16.45	Sharon, Studio 1	16.00	Sid, Studio 1		
18.15	BODYPUMP™	18.30	Endurance Ride	18.15	Dynamic Hatha Yoga	16.10	Xplosive HIIT NEW		
19.00	Lucy, Studio 1	19.15	Paul, Studio 2	19.00	Paula, Studio 1	16.40	Anja, Studio 1		
18.30	SYNRGY360	18.30	SKILLMILL	18.30	SYNRGY360	18.30	Power Row NEW		
19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor		
19.05	Express Core	19.05	Express Core	19.05	Express Core	19.05	Express Core		
19.20	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor		
19.20	ViPR NEW	19.20	SYNRGY180 NEW	19.20	SKILLMILL NEW				
19.50	Josh, Studio 1	19.50	Fitness Team, Gym Floor	19.50	Fitness Team, Gym Floor				

Themed
Aerobic Fitness & Calorie Burning
Muscular Conditioning & Toning
Studio Cycle
Extend, Relax & Re-Energise

CONTACT DETAILS
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MONDAY TO FRIDAY

PEAK membership - 5.30am-9pm

OFF-PEAK membership - 5.30am-11.30am/ 2.30pm-5.30pm/ 7pm-9pm

Our Classes

Muscular Conditioning & Toning

Athletic Enhancement - A challenging workout designed to improve athletic performance and technique using skill and agility based exercises.

BODYPUMP™ - LES MILLS workout combining high repetition weight training with aerobic conditioning, designed to tone and condition the whole body.

BOSU Conditioning - A total body conditioning class using the BOSU ball to improve strength and athletic performance.

Booty Blast - Demanding low-impact lower body workout combining body weight and weighted exercises to tone and strengthen legs and glutes to perfection.

BossFit - Expect to be challenged in this hard core workout while burning calories, improving muscular conditioning and strength.

Core, Strength & Stretch - A challenging class aimed at developing core strength and increase flexibility of all major muscle groups.

Express Core - 15 min workout targeting the core muscles with planks, extensions, crunches and more, helping you to strengthen and re-shape your mid-section.

GRIT™ Strength - LES MILLS high-intensity interval training workout, designed to improve strength, build lean muscle and shoot your metabolism through the roof.

Kettlebell Mastery - Advanced kettlebell workout to help you improve your technique involving complex and challenging strength and conditioning exercises.

Pictionary 45 - Intense strength and cardio circuit-based class with pictured instructions provided at each station of 45 seconds work non-stop.

Slide & Sculpt - Designed to improve definition and muscular endurance using gliders and a variety of other equipment to get your body toned up in no time.

Step and Conditioning - A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone.

Tone Zone - This class takes you through a full body workout using free weights and body weight exercises. Tone up, feel stronger and leave feeling energised.

Xtreme Core - A core class packed with inspiring core exercises designed to improve athletic performance, posture and help alleviate back pain.

Extend, Relax & Re-Energise

BODYBALANCE™ - LES MILLS workout based on elements of Yoga, Pilates, Tai Chi and breathing control to leave you feeling stronger, centred and calm.

Dynamic Hatha Yoga - Strong steady flow from posture to posture with focus on strength and breathing, ending with a relaxing meditation.

Fusion Yoga - Combining vitality building with deep relaxation, this class restores and rejuvenates through breath control, yoga postures and mindfulness meditation.

Mindfulness - Relaxation session that progresses into a gentle meditation to help you unwind. No gym kit required, come as you are and leave content.

Pilates - A class designed to engage the mind and condition the whole body, improving posture and reducing stress while building a leaner and stronger body.

Power Yoga - Ashtanga based yoga class with an influence of Bikram, involving physically challenging postures designed to improve strength, balance and flexibility.

Stretch and Extend - This class incorporates flexibility stretches and myofascial release techniques to aid muscle recovery and ease tension.

Stretch Flow Yoga - A challenging Vinyasa Yoga style class with a unique workshop feel that focuses on a different aspect each time: hips, shoulders, arms, balance, etc.

Total Barre™ - A dynamic class focusing on strength, flexibility and core stability, through a combination of Pilates, dance, cardio and strength training.

Vinyasa Flow Yoga - Vinyasa is called flow due to the smooth way poses link together with breathing synchronization. It develops strength, balance and flexibility.

Yin Yoga - Yin yoga poses apply moderate stress to the connective tissues - tendons, fascia and ligaments - helping to improve mobility and flexibility.

Aerobic Fitness & Calorie Burning

BODYATTACK™ - LES MILLS high-energy class combining athletic movements like running, lunging and jumping with strength exercises. Find your athletic potential.

BODYCOMBAT™ - LES MILLS empowering martial arts inspired cardio workout. You will punch, kick and kata your way through calories to a leaner, healthier, fitter body.

Bootcamp - This is a fast paced high energy circuit class to help you improve your fitness fast, build stamina and strength.

GRIT™ Cardio - LES MILLS high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

Power Row - Challenge your aerobic threshold with this full-body session with bursts of high-energy intervals on and off the rower: guaranteed to improve your endurance.

SKILLMILL - Enjoy the benefits of training like an athlete with this non-motorised treadmill and body weight exercises to improve endurance, speed, power and agility.

Sweaty Friday - A freestyle cardio workout targeting the whole body, burning loads of calories and helping with fat loss.

SYNRGY360 - SYNRGY360 is a high-intensity circuit class using equipment alongside body weight exercises to improve your fitness and strength fast.

SYNRGY180 - SYNRGY180 is a high-intensity circuit class. Same intensity, half of the size: 6 participants only.

Tabata Boxing - A effective high intensity interval training workout to improve your boxing technique and conditioning whilst benefiting from improved fat burning.

Xplosive HIIT - High intensity interval training with explosive movements and strength exercises using bodyweight and a variety of equipment.

Studio Cycle

Endurance Ride - Build stamina and train your body to recover quickly between efforts for events that demand repeated surges.

Interval Cycle Training - A cycling class designed to focus on more advanced riding techniques taking your fitness to the next level and working your heart rate to the maximum.

Race Day - Get ready for a real race on the bike for 45 minutes. This class will challenge your limits.

Spinning - Indoor cycling class using music with strong beats to create an incredible energy while you improve cardiovascular fitness, burn calories and get fitter.

Themed

Barre Fit - This Ballet inspired workout uses the principles of classical dance, cardio, core strength and flexibility to tone and sculpt the entire body.

BootyBarre™ - Energetic workout that fuses techniques from dance, Pilates and Yoga to tone, define and chisel the whole body.

Dance Fit - Super fun workout incorporating a variety of street dance styles: hip hop, house, dancehall and more. Increase your fitness level and unleash your inner diva.

Dancercise - Dance your way to fitness with this full body workout to the latest and loudest tracks. Tone your body and burn calories while having fun.

Jungle Gym - Animal based movements combined with circuit training in an atypical based environment. Burn calories and have fun!

Total Barre™ - A dynamic class focusing on strength, flexibility and core stability, through a combination of Pilates, dance, cardio and strength training.

ViPR - ViPR is a versatile equipment that bridges the gap between movement and strength training, ideal to improve balance, mobility and dynamic strength.