

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
07.00	XFit	06.45	Train Like a Pro	07.00	BODYPUMP™	06.45	Spinning	07.00	BODYATTACK™
07.40	Tio, Studio 1	07.30	Kirsten, Studio 1	08.00	Marie, Studio 1	07.30	Marie, Studio 2	08.00	Cordelia, Studio 1
07.15	SKILLMILL NEW	07.30	Total Core NEW	07.00	SKILLMILL NEW	07.00	Booty Camp NEW	07.30	Express Core
07.45	Fitness Team, Gym Floor	08.00	Fitness Team, Gym Floor	07.30	Fitness Team, Gym Floor	07.40	Iva, Studio 1	07.45	Fitness Team, Gym Floor
07.45	Express Core	07.40	Pilates	07.30	Express Core	07.30	Total Core	08.10	Stretch and Extend NEW
08.00	Fitness Team, Gym Floor	08.25	Jax, Studio 1	07.45	Fitness Team, Gym Floor	08.00	Fitness Team, Gym Floor	08.40	Fitness Team, Studio 1
12.00	Dynamic Hatha Yoga	12.00	Bosu Conditioning	12.00	BODYPUMP™	07.45	Dynamic Hatha Yoga	12.10	GRIT™ Strength/Plyo
12.45	Helen, Studio 1	12.45	Paul, Studio 1	12.45	Debora, Studio 1	08.30	Paula, Studio 1	12.40	Dom, Studio 1
12.00	Spinning	12:00	Performance Ride NEW	12.00	Race Day	12.00	Step and Conditioning	12.10	SKILLMILL NEW
12.45	Marie, Studio 2	12:45	Deborah, Studio 2	12.45	Paul, Studio 2	12.45	Jurgita, Studio 1	12.40	Fitness Team, Gym Floor
12.10	SYNRGY360	12.10	SKILLMILL	12.00	Total Barre™	12.00	Interval Cycle Training	12.45	Total Core
12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	12.45	Karen, Ladies Studio	12.45	Paul, Studio 2	13.15	Fitness Team, Gym Floor
12.45	Express Core	12.45	Bosu Conditioning	12.10	SYNRGY360	12.10	SKILLMILL	12.45	BODYCOMBAT™ NEW
13.00	Fitness Team, Gym Floor	13.30	Paul, Studio 1	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	13.30	Nadine, Studio 2
13.00	BODYPUMP™	12.45	Express Core	12.45	Express Core	12.15	Dance Fit	13.00	Fusion Yoga NEW
13.45	Marie, Studio 1	13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	13.00	Arleta, Ladies Studio	14.00	Anita, Studio 1
13.00	Tabata Boxing NEW	13.00	VIPIR NEW	12.50	Dancercise	12.45	Express Core	13.50	Spinning
13.45	Jermaine, Studio 2	13.30	Fitness Team, Gym Floor	13.35	Karen, Ladies Studio	13.00	Fitness Team, Gym Floor	14.35	Marie, Studio 2
13.00	BootyBarre™ NEW	13.00	CXWORX™	12.55	BODYATTACK™ NEW	13.00	Xtreme Core	14.45	BODYPUMP™
13.45	Diane, Ladies Studio	13.30	Deborah, Studio 2	13.40	Debora, Studio 1	13.45	Paul, Studio 1	15.45	Marie, Studio 1
13.50	Tone Zone	13.00	Barre Fit	13.00	Core, Strength and Stretch	13.00	Mastering Kettlebells	15.30	SYNRGY360
14.35	Jurgita, Studio 1	13.45	Kate, Ladies Studio	13.45	Paul, Studio 2	13.45	Tio, Gym Floor	16.00	Fitness Team, Gym Floor
14.45	Spinning	13.30	Ripped 24/7	13.45	Athletic Enhancement	13.10	Tabata Turbo	15.30	Express Core NEW
15.30	Marie, Studio 2	14.00	Gabor, Studio 1	14.30	Paul, Studio 1	13.40	Iolanda, Studio 2	15.45	Fitness Team, Gym Floor
15.15	Power Yoga	14.45	Slide & Sculpt	14.45	Yin Yoga	14.00	Pilates	18.30	SKILLMILL
16.00	Veronique, Studio 1	15.30	Jurgita, Studio 2	15.30	Sharon, Studio 1	14.45	Sharon, Studio 1	19.00	Fitness Team, Gym Floor
15.15	VIPIR NEW	14.45	Stretch Flow Yoga	15.00	Gymnastics Conditioning	14.45	Spinning	19.05	Express Core
15.45	Fitness Team, Gym Floor	15.30	Sharon, Studio 1	15.40	Kirsten, Gym Floor	15.30	Marie, Studio 2	19.20	Fitness Team, Gym Floor
15.45	Express Core NEW	15.15	TRX NEW	15.40	Mobility and Movement NEW	15.00	BODYPUMP™ Express		
16.00	Fitness Team, Gym Floor	15.45	Fitness Team, Gym Floor	16.10	Iolanda, Studio 1	15.30	Sid, Studio 1		
16.10	Tactical Workout NEW	15.45	Express Core NEW	16.15	SKILLMILL	15.30	CXWORX™ NEW		
16.40	Iva, Studio 1	16.00	Fitness Team, Gym Floor	16.45	Fitness Team, Gym Floor	16.00	Sid, Studio 1		
18.15	BODYPUMP™	16.10	GRIT™ Plyo	18.15	Dynamic Hatha Yoga	16.00	SYNRGY360 NEW		
19.00	Lukas, Studio 1	16.40	Dom, Studio 1	19.00	Paula, Studio 1	16.30	Fitness Team, Gym Floor		
18.15	BODYBALANCE™ NEW	18.15	Vinyasa Flow Yoga	18.15	Kickboxing NEW	18.30	SKILLMILL		
19.00	Jackee, Studio 2	19.00	Ian, Studio 1	19.00	Gabor, Studio 2	19.00	Fitness Team, Gym Floor		
18.30	SYNRGY360	18.30	Endurance Ride	18.30	SYNRGY360	19.05	Express Core		
19.00	Fitness Team, Gym Floor	19.15	Paul, Studio 2	19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor		
19.05	Express Core	18.30	SKILLMILL	19.05	Express Core				
19.20	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor				
19.15	GRIT™ Cardio/Plyo NEW	19.05	Total Core						
19.45	Dom, Studio 1	19.35	Fitness Team, Gym Floor						

- Spinning
- Cardio
- Strength
- Strength & Cardio
- Speciality
- Mind & Body

MONDAY TO FRIDAY

PEAK membership - 5.30am-9pm

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

CONTACT DETAILS

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Our classes

Mind & Body

Barre Fit - This Ballet inspired workout uses the principles of classical dance , cardio, core strength and flexibility to tone and sculpt the entire body. **45 min**

BODYBALANCE™ - LES MILLS workout based on elements of Yoga, Pilates, Tai Chi and breathing control to leave you feeling stronger, centred and calm. **45 min**

BootyBarre™ - Energetic workout that fuses techniques from dance, Pilates and Yoga to tone, define and chisel the whole body. **45 min**

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. **45 min**

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. **45 min**

Dynamic Hatha Yoga - Strong steady flow from posture to posture with focus on strength and breathing, ending with a period of relaxation and meditation. **45 min**

Fusion Yoga - Combining vitality building with deep relaxation, this class restores and rejuvenates through breath control, yoga postures and mindfulness meditation. **60 min**

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. **45 min**

Power Yoga – Ashtanga based yoga class with an influence of Bikram, involving physically challenging postures designed to improve strength, balance and flexibility. **45 min**

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. **45 min**

Total Barre™ - A dynamic class focusing on strength, flexibility and core stability, through a combination of Pilates, dance, cardio and strength training. **45 min**

Vinyasa Flow Yoga - Vinyasa is also called flow because of the smooth way the poses run together linked with breathing synchronization. It develops strength, balance and flexibility. **45 min**

Yin Yoga - Yin yoga poses apply moderate stress to the connective tissues - tendons, fascia and ligaments – helping to improve mobility and flexibility. **45 min**

Strength

Athletic Enhancement - A challenging workout designed to improve athletic performance and technique using skill and agility based exercises. **45 min**

BODYPUMP™ - The LES MILLS workout combining high repetition weight training with aerobic conditioning, designed to tone and condition the whole body. **30, 45 and 60 min**

BOSU Conditioning - A total body conditioning class using the BOSU ball to improve strength and athletic performance. **45 min**

Booty Camp – Demanding low-impact lower body workout combining body weight and weighted exercises to tone and strengthen legs and glutes to perfection. **40 min**

Core, Strength & Stretch - A challenging class aimed at developing core strength and increase flexibility of all major muscle groups. **45 min**

CXWORX™ - LES MILLS core workout that both isolates and integrates muscles in and around abs, back and glutes, providing the vital ingredients for a stronger body. **30 min**

Express/Total Core – 15 or 30 min workout targeting the *core* muscles with planks, extensions, crunches and more., helping you to strengthen and re-shape your mid-section. **15 and 30 min**

GRIT™ Strength - LES MILLS high-intensity interval training (HIIT) workout, designed to improve strength, build lean muscle and shoot your metabolism through the roof. **30 min**

Gymnastics Conditioning - This workout will take you through a series of exercises to help you with the most popular gymnastics moves, getting you stronger and fitter. **40 min**

Mastering Kettlebells - Advanced kettlebell class to help you nail the correct technique through a challenging workout to strengthen and condition the whole body. **45 min**

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. **45 min**

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. **45 min**

Xtreme Core - A core class packed with inspiring core exercises designed to improve athletic performance, posture and help alleviate back pain. **45 min**

Spinning

Endurance Ride - Build stamina and train your body to recover quickly between efforts for events that demand repeated surges. **45 min**

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. **45 min**

Performance Ride – A challenging indoor cycling class that focuses on the use of power to improve your level of fitness. **45 min**

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

Spinning - Indoor cycling class using music with strong beats to create an incredible energy while you improve cardiovascular fitness, burn calories and get fitter. **45 min**

Strength and Cardio

GRIT™ Plyo - LES MILLS high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete, improving endurance and power. **30 min**

Step and Conditioning - A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone. **45 min**

SYNRGY360 - SYNRGY360 is a circuit class using the latest innovative equipment in the industry alongside body weight exercises to improve your fitness and strength quickly. **45 min**

Train Like a Pro – If you are training for events such as Tough Mudder or Spartan Race, this class will help you become stronger, faster and prepared for the challenge. **45 min**

ViPR - The ViPR is a versatile equipment that bridges the gap between movement and strength training, ideal to improve balance, mobility and dynamic strength. **30 min**

XFit – A Cross Fit inspired class consisting of strength and conditioning exercises. Expect to be challenged while burning calories, improving body tone and strength. **40 min**

Cardio

BODYATTACK™ - LES MILLS high-energy class combining athletic movements like running, lunging and jumping with strength exercises. Find your athletic potential. **45 and 60 min**

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. **45 min**

GRIT™ Cardio - LES MILLS high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. **30 min**

Kickboxing - An action-packed workout with a series of punching and kicking combinations, this class improves strength, muscle tone and endurance. **45 min**

Ripped 24/7 - Work your whole body with a combination of high energy and high impact aerobic moves, improving cardiovascular fitness and toning up your body. **30 min**

SKILLMILL - Enjoy the benefits of training like an athlete with Technogym’s non-motorised treadmill and body weight exercises to improve endurance, speed, power and agility. **30 min**

Tabata Boxing - A effective high intensity interval training workout to improve your boxing technique and conditioning whilst benefiting from improved fat burning. **45 min**

Tabata Turbo - 20 seconds of work followed by 10 seconds of rest. 2:1 intervals target fat loss, increase metabolism and improve overall cardiovascular fitness. **30 min**

Tactical Workout – Improve endurance and burn fat with this body weight and weighted workout. 10 exercises, 20 reps each, as many rounds as possible in set time. **30 min**

Speciality

Mobility and Movement- This class takes flexibility and mobility as equal partners creating sound movement patterns. Includes activation drills, mobility exercises and flexibility stretches.. **30 min**

Stretch and Extend – Your 30 min stretch at the end of the week which includes flexibility stretches, self myofascial release exercises and yoga postures. **30 min**