

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	07.30	Spinning NEW	07.00	SKILLMILL NEW	07.00	Booty Camp NEW	07.00	SYNRGY360 NEW
07.45	Fitness Team, Gym Floor	08.15	Gabor, Studio 2	07.30	Fitness Team, Gym Floor	07.40	Iva, Studio 1	07.30	Fitness Team, Gym Floor
07.45	Express Core	07.30	Total Core NEW	07.30	Express Core	07.30	Total Core	07.30	Express Core
08.00	Fitness Team, Gym Floor	08.00	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor	08.00	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor
12.00	Dynamic Hatha Yoga	07.30	Pilates	10.30	Kettlebells NEW	07.45	Dynamic Hatha Yoga	12.00	Sweaty Friday
12.45	Helen, Studio 1	08.15	Esra, Studio 1	11.00	Fitness Team, Studio 1	08.30	Paula, Studio 1	12.45	Jurgita, Studio 1
12.00	Spinning	12.00	Bosu Conditioning	12.00	BODYPUMP™	10.30	Mindfulness Meditation NEW	12.00	BODYCOMBAT™
12.45	Marie, Studio 2	12.45	Paul, Studio 1	12.45	Debora, Studio 1	11.00	Dom, Studio 1	12.45	Nadine, Studio 2
12.10	SYNRGY360	12.00	Spinning NEW	12.00	Race Day	12.00	Step and Conditioning	12.10	SYNRGY360 NEW
12.40	Fitness Team, Gym Floor	12.45	Lauren, Studio 2	12.45	Paul, Studio 2	12.45	Jurgita, Studio 1	12.40	Fitness Team, Gym Floor
12.45	Express Core	12.10	SKILLMILL	12.00	Total Barre™	12.00	Interval Cycle Training	12.45	Total Core
13.00	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
13.00	BODYPUMP™	12.45	Xtreme Core	12.10	SYNRGY360	12.10	SKILLMILL	13.00	Fusion Yoga
13.45	Marie, Studio 1	13.30	Paul, Studio 1	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	14.00	Anita, Studio 1
13.00	SYNRGY360 NEW	12.45	Express Core	12.45	Express Core	12.15	Dance Fit	13.50	Spinning
13.30	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	13.00	Arleta, Ladies Studio	14.35	Marie, Studio 2
13.00	Tabata Boxing	13.10	Advanced Tabata NEW	12.50	Dancercise	12.45	Express Core	14.45	BODYPUMP™
13.45	Jermaine, Studio 2	13.40	Iolanda, Studio 2	13.35	Karen, Ladies Studio	13.00	Fitness Team, Gym Floor	15.45	Marie, Studio 1
13.00	BootyBarre™	13.45	Foundation Movement NEW	12.55	BODYATTACK™	13.00	Athletic Enhancement	15.30	SKILLMILL
13.45	Diane, Ladies Studio	14.15	Iolanda, Studio 2	13.40	Debora, Studio 1	13.45	Paul, Studio 1	16.00	Fitness Team, Gym Floor
13.50	Tone Zone	13.00	Barre Fit	13.00	Core, Strength and Stretch	13.00	BODYBALANCE™ NEW	16.00	Express Core
14.35	Jurgita, Studio 1	13.45	Kate, Ladies Studio	13.45	Paul, Studio 2	13.45	Jackee, Studio 2	16.15	Fitness Team, Gym Floor
14.45	Spinning	13.35	Booty Blast NEW	13.45	Bosu Conditioning	13.00	Kettlebells Mastery	18.30	SKILLMILL
15.30	Marie, Studio 2	14.15	Iva, Studio 1	14.30	Paul, Studio 1	13.45	Tio, Gym Floor	19.00	Fitness Team, Gym Floor
15.15	Power Yoga	14.45	Slide & Sculpt	14.45	Yin Yoga	14.00	Pilates	19.05	Express Core
16.00	Veronique, Studio 1	15.30	Jurgita, Studio 2	15.30	Sharon, Studio 1	14.45	Sharon, Studio 1	19.20	Fitness Team, Gym Floor
16.10	AMRAP NEW	14.45	Stretch Flow Yoga	15.30	SYNRGY360 NEW	14.45	Spinning		
16.40	Iva, Studio 1	15.30	Sharon, Studio 1	16.00	Fitness Team, Gym Floor	15.30	Marie, Studio 2		
16.45	Express Core	15.30	Total Core NEW	16.00	BODYBALANCE™ NEW	15.00	BODYPUMP™ Express		
17.00	Fitness Team, Gym Floor	16.00	Fitness Team, Gym Floor	16.45	Iva, Studio 1	16.00	Sid, Studio 1		
17.30	BODYPUMP™ Technique NEW	16.10	GRIT™ Plyo	16.00	Express Core NEW	16.10	GRIT™ Cardio NEW		
18.00	Dom, Studio 1	16.40	Dom, Studio 1	16.15	Fitness Team, Gym Floor	16.40	Dom, Studio 1		
18.15	BODYPUMP™	18.15	Vinyasa Flow Yoga	18.15	Dynamic Hatha Yoga	16.45	Express Core NEW		
19.00	Lukas, Studio 1	19.00	Ian, Studio 1	19.00	Paula, Studio 1	17.00	Fitness Team, Gym Floor		
18.30	SYNRGY360	18.30	Endurance Ride	18.00	Kickboxing	18.30	SKILLMILL		
19.00	Fitness Team, Gym Floor	19.15	Paul, Studio 2	19.00	Gabor, Studio 2	19.00	Fitness Team, Gym Floor		
19.05	Express Core	18.30	SKILLMILL	18.30	SYNRGY360	19.05	Express Core		
19.20	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor		
19.20	GRIT™ Strength/Plyo	19.05	Total Core	19.05	Total Core				
19.50	Dom, Studio 1	19.35	Fitness Team, Gym Floor	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

csreception@nuffieldhealth.com
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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. **45 or 60 min**

BODYPUMP™ Technique – In this small class you will be coached in the main BODYPUMP™ moves step by step, for beginners or regulars wanting to improve their technique. **30 min**

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

Booty Blast– 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**

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 or 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**

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**

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

AMRAP – Stands for As Many Rounds As Possible: 10 exercises, 20 reps each, as many rounds as possible in set time, combining cardio and strength rounds. **30 min**

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**

Kettlebells – Express kettlebells class to improve strength and condition for the whole body. **30 min**

Kettlebells Mastery - Advanced kettlebell workout to help you improve your technique involving complex and challenging strength and condition exercises. **45 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**

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

Advanced Tabata - 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**

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

Sweaty Friday – A freestyle cardio workout targeting the whole body, burning loads of calories and helping with fat loss. **45 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**

Speciality

Foundation Movement – Ideal to mobilize joints and grow strength from within through bodyweight power moves, stretch and yoga inspired flows. The goal is to increase flexibility, core strength, balance and coordination. **30 min**

Mindfulness Meditation – This session starts with a whole body relaxation and progresses into a guided meditation exploring gentle themes to help you unwind and relax. **30 min**