

Timetable 4th December – 15th December 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7.00	XFit	6.45	Train Like a Pro	7.00	BODYPUMP™	6.45	Spinning	7.00	BODYATTACK™
7.40	Tio, Studio 1	7.30	Kirsten, Studio 1	8.00	Marie, Studio 1	7.30	Marie, Studio 2	8.00	Cordelia, Studio 1
7.20	HIIT	7.30	Total Core	7.00	HIIT	7.00	HIIT	7.30	Total Core
7.40	Fitness Team, Gym Floor	7.45	Fitness Team, Gym Floor	7.20	Fitness Team, Gym Floor	7.20	Fitness Team, Gym Floor	7.45	Fitness Team, Gym Floor
7.45	Total Core	7.40	Pilates Conditioning	7.30	Total Core	7.30	Total Core	12.10	SYNRGY360
8.00	Fitness Team, Gym Floor	8.25	Jax, Studio 1	7.45	Fitness Team, Gym Floor	7.45	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor
12.00	Spinning	12.00	Bosu Conditioning	12.00	BODYPUMP™	7.30	Dynamic Hatha Yoga	12.10	GRIT™ Cardio
12.45	Marie, Studio 2	12.45	Paul, Studio 1	12.45	Julie, Studio 1	8.15	Paula, Studio 1	12.40	Dom, Studio 1
12.05	Dynamic Hatha Yoga	12.00	Performance Ride	12.00	Race Day	12.00	Step and Conditioning	12.45	Total Core
12.50	Helen, Studio 1	12.45	Deborah, Studio 2	12.45	Paul, Studio 2	12.45	Daniela, Studio 1	13.00	Fitness Team, Gym Floor
12.10	SYNRGY360	12.10	SKILLMILL	12.00	Total Barre	12.00	Interval Cycle Training	13.00	Fusion Yoga
12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	12.45	Karen, Ladies Studio	12.45	Paul, Studio 2	14.00	Anita, Studio 1
12.45	Total Core	12.45	Total Core	12.10	SYNRGY360	12.10	SKILLMILL	13.50	Spinning
13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	14.35	Marie, Studio 2
13.00	Pilates Barre	12.45	Bosu Conditioning	12.45	Total Core	12.15	BODYBALANCE™	14.45	BODYPUMP™
13.45	Diane, Ladies Studio	13.30	Paul, Studio 1	13.00	Fitness Team, Gym Floor	13.00	Jackee, Ladies Studio	15.30	Marie, Studio 1
13.00	BODYPUMP™	13.00	CXWORX™	12.50	Dancercise	12.45	Total Core	15.30	SKILLMILL
13.45	Marie, Studio 1	13.30	Deborah, Studio 2	13.35	Karen, Ladies Studio	13.00	Fitness Team, Gym Floor	16.00	Fitness Team, Gym Floor
13.00	Core, Strength & Stretch	14.45	Stretch Flow Yoga	13.00	Boxercise	13.00	Athletic Enhancement	18.30	SKILLMILL
13.45	Paul, Studio 2	15.30	Sharon, Studio 1	13.45	Gabor, Studio 2	13.45	Paul, Studio 1	19.00	Fitness Team, Gym Floor
14.45	Spinning	15.30	ViPR	13.00	Xtreme Core	14.00	Pilates	19.05	Total Core
15.30	Marie, Studio 2	16.00	Fitness Team, Gym Floor	13.45	Paul, Studio 1	14.45	Sharon, Studio 1	19.20	Fitness Team, Gym Floor
15.00	SKILLMILL	16.00	Total Core	14.45	Yin Yoga	14.45	Spinning		
15.30	Fitness Team, Gym Floor	16.15	Fitness Team, Gym Floor	15.30	Sharon, Studio 1	15.30	Marie, Studio 2		
15.15	Power Yoga	16.10	GRIT™ Plyo	15.30	SYNRGY360	15.00	BODYPUMP™		
16.00	Veronique, Studio 1	16.40	Dom, Studio 1	16.00	Fitness Team, Gym Floor	16.00	Sid, Studio 1		
18.15	Kickboxing	18.15	Vinyasa Flow Yoga	16.15	Gymnastics Conditioning	18.30	SYNRGY360		
19.00	Gabor, Studio 2	19.00	Ian, Studio 1	16.45	Kirsten, Studio 1	19.00	Fitness Team, Gym Floor		
18.20	BODYPUMP™	18.30	SYNRGY360	18.15	Dynamic Hatha Yoga	19.05	Total Core		
19.20	Julie, Studio 1	19.00	Fitness Team, Gym Floor	19.00	Paula, Studio 1	19.20	Fitness Team, Gym Floor		
18.30	SKILLMILL	19.05	Total Core	18.30	SKILLMILL				
19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor				
19.05	Total Core			19.05	Total Core				
19.20	Fitness Team, Gym Floor			19.20	Fitness Team, Gym Floor				

KEY

Express – Gym Floor
Strength and Conditioning
Mind & Body
Spinning
Cardio





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
 020 7888 2424

Timetable 18th December – 29th December 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7.00	HIIT	7.00	HIIT	7.15	BODYPUMP™	7.30	Dynamic Hatha Yoga	7.15	HIIT
7.30	Fitness Team, Gym Floor	7.30	Fitness Team, Gym Floor	8.00	Marie, Studio 1	8.15	Paula, Studio 1	7.45	Fitness Team, Gym Floor
7.30	Total Core	7.30	Total Core	7.45	Total Core	7.45	Total Core	7.45	Total Core
7.45	Fitness Team, Gym Floor	7.45	Fitness Team, Gym Floor	8.00	Fitness Team, Gym Floor	8.00	Fitness Team, Gym Floor	8.00	Fitness Team, Gym Floor
12.00	Spinning	12.00	Performance Ride 	12.00	Spinning 	12.10	SKILLMILL	12.10	SYNRGY360
12.45	Marie, Studio 2	12.45	Deborah, Studio 2	12.45	Marie, Studio 2	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor
12.05	Dynamic Hatha Yoga	12.10	SKILLMILL	12.10	SYNRGY360	12.45	Total Core	12.45	Total Core
12.50	Helen, Studio 1	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor
12.10	SYNRGY360	12.45	Total Core	12.45	Total Core	14.45	Spinning	13.45	Spinning
12.40	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	15.30	Marie, Studio 2 	14.30	Marie, Studio 2
12.45	Total Core	14.45	Stretch Flow Yoga	14.45	Yin Yoga	15.30	SKILLMILL		
13.00	Fitness Team, Gym Floor	15.30	Sharon, Studio 1	15.30	Sharon, Studio 1	16.00	Fitness Team, Gym Floor		
13.00	BODYPUMP™	15.30	SKILLMILL	15.30	SKILLMILL				
13.45	Marie, Studio 1 	16.00	Fitness Team, Gym Floor	16.00	Fitness Team, Gym Floor				
14.45	Spinning	16.00	ViPR						
15.30	Marie, Studio 2	16.30	Fitness Team, Gym Floor						
15.30	SKILLMILL	18.30	HIIT						
16.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor						
18.30	HIIT	19.05	Total Core						
19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor						
19.05	Total Core								
19.20	Fitness Team, Gym Floor								

KEY

Express – Gym Floor

Strength and Conditioning

Mind & Body

Spinning

Festive season opening times:

 20th and 21st Dec 7am-7pm

 22nd Dec 7am-3pm

 25th and 26th Dec CLOSED

 27th and 28th Dec 7am-7pm

 29th Dec 7am-3pm

 1st January CLOSED

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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020 7888 2424

Mind & Body

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

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.

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

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

Pilates - Pilates aims to improve overall strength, balance and co-ordination, while building a leaner body.

Pilates Barre - Fusion of Pilates conditioning and barre work aiming to improve muscle tone, flexibility and strength.

Pilates Conditioning – A class designed 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 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 ballet based class focusing on strength, flexibility and core stability, through a combination of Pilates, dance, cardio, and strength training.

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.

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

Strength and Conditioning

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

BODYPUMP™ - The first class 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.

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

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.

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

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.

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

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

Spinning

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.

Performance Ride - An Indoor cycling class that focuses on the use of power to improve your level of fitness.

Race Day - Our fitness instructor will take you 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.

Express – Gym Floor

HIIT - Cardio and strength high intensity interval training, alternating short periods of intense exercises with less-intense or total recovery periods.

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.

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.

Total Core - Muscle-toning and strengthening class, focusing on the whole torso to help you bring balance to the whole body, improve posture and reshape your mid-section.

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

Cardio

BODYATTACK™ - LES MILLS high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats, challenging your limits.

Boxercise – Cardio workout packed with shadow-boxing, skipping, hitting pads, kicking punch bags, press-ups, shuttle-runs and much more.

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

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

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

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.

XFit – A cross fit inspired class consisting of strength and conditioning exercises. Expect to be challenged while burning calories, improving body tone and strength.