

Monday		Tuesday		Wednesday		Thursday		Friday	
07.00 07.40	XFIT Tio, Studio 1	06.45 07.30	Train Like a Pro Kirsten, Studio 1	07.00 07.20	HIIT Fitness Team, Gym Floor	07.00 07.20	HIIT Fitness Team, Gym Floor	07.00 08.00	Body Attack Cordelia, Studio 1
07.10 07.40	Spin Ibiza NEW Gabor, Studio 2	07.30 07.45	Total Core Fitness Team, Gym Floor	07.00 08.00	Body Pump Marie, Studio 1	07.30 08.15	Dynamic Hatha Yoga Paula, Studio 1	07.30 07.45	Total Core Fitness Team, Gym Floor
07.45 08.00	Total Core Fitness Team, Gym Floor	07.40 08.25	Pilates Conditioning Jax, Studio 1	07.30 08.15	Yogalates Paula, Studio 2	07.30 07.45	Total Core Fitness Team, Gym Floor	12.00 12.45	Sweaty Friday Jurgita, Studio 1
11.20 12.05	Yoga Technique Marco, Studio 1	12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	07.30 07.45	Total Core Fitness Team, Gym Floor	12.00 12.45	Step & Conditioning Jurgita, Studio 1	12.00 12.45	MMA Workout NEW Claudio, Studio 2
12.00 12.45	Spinning Marie, Studio 2	12.00 12.45	Bosu Conditioning Paul, Studio 1	12.00 12.45	Body Pump Nel, Studio 1	12.00 12.45	Interval Cycle Training Paul, Studio 2	12.10 12.40	Insane Skillmill Fitness Team, Gym Floor
12.05 12.50	Dynamic Hatha Yoga Marco, Studio 1	12.00 12.45	Bike on the Beat Nel, Studio 2	12.00 12.45	Race Day Paul, Studio 2	12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	12.15 13.00	Fitball NEW Karen, Ladies Studio
12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	12.15 13.00	DanceFit Arleta, Ladies Studio	12.00 12.45	Total Barre NEW Karen, Ladies Studio	12.15 13.00	Body Balance Jackee, Ladies Studio	12.45 13.00	Total Core Fitness Team, Gym Floor
12.15 13.00	Pilates Conditioning NEW Diane, Ladies Studio	12.45 13.30	Bosu Conditioning Paul, Studio 1	12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	13.00 13.45	Dynamic Hatha Yoga Helen, Studio 1
12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	13.00 13.45	Athletic Enhancement Paul, Studio 1	13.50 14.35	Spining Marie, Studio 2
13.00 13.45	Body Pump Marie, Studio 1	13.00 13.45	Boxercise NEW Gabor, Studio 1	12.50 13.35	Dancercise NEW Karen, Ladies Studio	13.10 13.40	Grit Cardio NEW Dom, Studio 2	14:45 15:45	Body Pump Marie, Studio 1
13.00 13.45	Core Strength & Stretch Paul, Studio 2	13.05 13.35	CXWORX Nel, Ladies Studio	13.00 13.30	Ripped 24/7 Gabor, Studio 2	13.15 14.00	Swiss Core Blast Jurgita, Studio 1	15.00 15.30	Insane Skillmill Fitness Team, Gym Floor
13.50 14.35	Tone Zone NEW Jurgita, Studio 1	14.45 15.30	Slide & Sculpt Jurgita, Studio 2	13.00 13.45	Xtreme Core Paul, Studio 1	14.00 14.45	Pilates Sharon, Studio 1	18.30 19.00	Insane Skillmill Fitness Team, Gym Floor
14.45 15.30	Spinning Marie, Studio 2	14.45 15.30	Stretch Flow Sharon, Studio 1	13.45 14.30	Swiss Ball Workout Paul, Studio 1	14.45 15.30	Spinning Marie, Studio 2	19.05 19.20	Total Core Fitness Team, Gym Floor
15.15 16.00	Power Yoga Veronique, Studio 1	14.45 15.30	Ballet Fit Kate, Ladies Studio	14.45 15.30	Body Combat Nel, Studio 1	14.55 15.50	Body Pump Nel, Studio 1		
15.30 16.00	Insane Skillmill Fitness Team, Gym Floor	15.00 15.30	Kettlebell Workout NEW Fitness Team, Gym Floor	14.45 15.30	Yin Yoga Sharon, Studio 2	15.30 16.00	Kettlebell Workout NEW Fitness Team, Gym Floor		
16.10 16.40	GRIT Strength Dom, Studio 1	16.10 16.40	GRIT Dom, Studio 1	15.00 15.30	Insane Skillmill Fitness Team, Gym Floor	18.30 19.00	Insane Skillmill Fitness Team, Gym Floor		
18.15 19.00	MMA Workout NEW Claudio, Studio 2	18.30 19.00	Insane Skillmill Fitness Team, Gym Floor	16.10 16.45	Train Like a Pro NEW Kirsten, Studio 1	19.05 19.20	Total Core Fitness Team, Gym Floor		
18:20 19:20	Body Pump Viktoria, Studio 1	18:30 19:15	Endurance Ride Paul, Studio 2	18:15 19:00	Dynamic Hatha Yoga Paula, Studio 1				
18:30 19:00	Insane Skillmill Fitness Team, Gym Floor	18:15 19:00	Vinyasa Flow NEW Ian, Studio 1	18:30 19:00	Insane Skillmill Fitness Team, Gym Floor				
19.05 19.35	Body Weight Training NEW Iolanda, Studio 2	19.05 19.20	Total Core Fitness Team, Gym Floor	19.05 19.20	Total Core Fitness Team, Gym Floor				
19.05 19.20	Total Core Fitness Team, Gym Floor								

**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)

KEY	MIND & BODY	STRENGTHING	EXPRESS
	SPINNING	CONDITIONING	



## Mind & Body Classes

**Dynamic Hatha Yoga** – Physically demanding class using a combination of techniques ending with a period of relaxation and meditation.

**Power Yoga** – An Ashtanga based yoga class with an influence of Bikram. A physically demanding class in which you will work up a sweat.

**Yin Yoga** – Yin yoga poses apply moderate stress to the connective tissues -the tendons, fascia and ligaments with the aim to help increase circulation in the joints and improve flexibility.

**Body Balance™** – Based on Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centred and calm.

**Yogalates** – Develop your core strength and stabilisation through pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

**Vinyasa Flow** – Vinyasa also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. Each movement in the series is cued by an inhalation or an exhalation of the breath.

**Pilates Conditioning** – This class has a core focus with added conditioning with weights and equipment to include a full body workout. In pilates conditioning we use equipment and weights to push the body and mind a bit further.

**Stretch Flow** – A Vinyasa yoga style with a unique workshop feel that focuses each time on specific topics (hips, shoulders, arm balances, etc.) to keep you on your toes, challenge and reward you always!

**Pilates** – Pilates aims to increase the level of the exercise to include more muscle control and co-ordination. It is most suitable for those who have attended some Pilates classes previously.

**Body Weight Training** – Is an informative and practical class that will teach people mobilisation techniques to improve joint range of motion in key movement patterns.

**DanceFit** – It's an aerobics class to move, tone your body and burn calories while you have fun!

**Total Barre** – Is a dynamic ballet based class that focuses on strength, flexibility and stamina and core stability, through a combination of Pilates, dance, cardio, and strength training.

**Ballet Fit** – This Ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Includes elements of barre work, cardio, core and flexibility.

## Strengthening Classes

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

**CXWORX™** – Consisting of a variety of exercises that isolates and combines muscles in and around your abs, back and butt.

**Body Pump** – The world's first class to combine high repetition weight training with aerobic conditioning. Designed to tone and condition your body.

**Core Strength and Stretch** – A class aimed at not only developing core strength with fundamental exercises but also designed to increase flexibility of all the major muscles groups.

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

**Swiss Ball Workout/ Swiss Core Blast/ FitBall** – A fun workout using a Swiss ball to develop strength, stability and improve posture.

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

**LES MILLS GRIT™ Strength** – 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

**LES MILLS GRIT™ Cardio** – 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

**Ripped 24/7** – Get ready to work all parts of your body; with a combination of a high energy, high impact session using aerobic movements and toning muscles at the same time.

**Tone Zone** – This class takes you through a full body workout using a variety of equipment including: dumbbells, barbells, resistance bands and body weight exercises. Strengthen your muscles, tone and leave feeling energised.

## Express Classes Gym Floor

**SYNRGY360** – The SYNRGY 360 'playground' gives our members the latest, innovative equipment in the fitness market along with gym floor classes delivered by our Fitness Trainers.

**HIIT (High Intensity Interval Training)** – Alternating periods of short intense anaerobic exercises with less-intense recovery periods.

**Total Core** – Reshape your waistline using stabilisation and postural variations. Find your core muscles, and discover how to work towards a balanced body, improve posture and shape.

**Insane Skillmill** – Train like an athlete with technology's Skillmill mixed with body weight workouts on the floor. Insane Skillmill is a perfect training solution for sports professionals and for those every day athletes who are dedicated to their fitness and improving their sporting performance

**Kettlebell Workout** – A cast-iron weight used to perform ballistic exercises that combine cardio, flexibility and strength, particularly in the lower back, legs, and shoulders. Ideal for toning the whole body.

## Spinning Classes

**Spinning** – A cardiovascular workout conducted on stationary bikes in a studio environment.

**Race Day** – Our Fitness Instructor Paul Tappin will take you for a real race on the bike for 45 minutes! Challenge your limits.

**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.

**Bike On The Beat** – An indoor cycle using music with strong beats to create an incredible energy while you burn calories and get fitter.

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

## Conditioning Classes

**Train like a Pro** – If you are training to compete in hard core events as such as Tough Mudder, Iron Man, etc. This class will train you to become Elite! Get ready to become stronger, faster and prepared for the challenge!

**XFit** – A Cross fit inspired class consisting of strength and conditioning exercises. Expect to burn calories, improve your body tone and feel energised.

**Bosu Conditioning** – A total body conditioning class using the BOSU to improve strength and athletic performance.

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

**Body Combat** – A fun, enhancing cardio whilst relieving stress. You will punch, kick and kata your way through calories to a leaner, healthier and fitter body.

**Sweaty Friday** – A total body workout combining cardiovascular exercises and resistance exercises with the aim of burning body fat using interval or freestyle format.

**MMA Workout / Boxercise** – An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

**Step & Condition** – A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone.

**Body Attack** – High intensity interval workout with athletic moves and strength work.