

Gym Roehampton

Monday

8am	RPM (V)	30 mins
12pm	BODYPUMP (V)	45 mins
12.30pm	Abs	30 mins
1pm	GRIT Cardio (V)*	30 mins
1.30pm	BODYCOMBAT (V)	30 mins
5.15pm	Pilates	55 mins
5.15pm	Bootcamp	45 mins
6.15pm	RPM (V)	45 mins

Thursday

8.30am	BODYPUMP (V)	30 mins
12pm	BODYCOMBAT (V)	30 mins
12.30pm	GRIT Cardio(V)*	30 mins
1pm	Core	30 mins
5.15pm	GRIT Strength(V)*	30 mins
6pm	RPM (V)	30 mins

Tuesday

12.30pm	Core	30 mins
1pm	RPM	30 mins
1.35pm	BODYPUMP (V)	45 mins
5.15pm	RPM (V)	45 mins
6.30pm	BODYPUMP (V)	45 mins

Friday

8am	BODYCOMBAT (V)	55 mins
12pm	BODYPUMP (V)	45 mins
12.30pm	Abs	30 mins
1pm	RPM (V)	30 mins
1.30pm	Core	30 mins
5pm	GRIT Athletic (V)*	30 mins
5.30pm	BODYPUMP (V)	55 mins

Wednesday

12pm	GRIT Strength (V)*	30 mins
1pm	Core	30 mins
5pm	BODYPUMP (V)	45 mins
6pm	BODYBALANCE	55 mins

Saturday

11am	Bootcamp	45 mins
2pm	BODYPUMP (V)	55 mins
3pm	RPM (V)	45 mins
4pm	Core	30 mins

Sunday

12pm	GRIT Cardio (V)*	30 mins
12.30pm	BODYCOMBAT (V)	30 mins
1pm	Core	30 mins
1.30pm	BODYBALANCE (V)	55 mins

Any free spaces in the Les Mills Virtual Studio can be filled with classes of your choice – just ask a staff member to load a class for you. All scheduled classes need to be booked to ensure your space. Please register for online booking at <https://member.nuffieldhealth/bookings>

- Cardio and Condition
- Strength and Tone
- Mind & Body
- HIIT workouts

* Not recommended for those new to exercise

V = Virtual Classes. All 'V' classes are Les Mills

All those new to Les Mills classes should arrive 10 mins before class, tell gym staff, and they will give you quick intro/tips for setting up. Please wear suitable clothing/trainers & bring a towel and a bottle of water for classes

Timetable may be subject to change in Term 2 – check social media for up to date version

Class descriptions:

BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit

BODYCOMBAT

Mixed martial arts moves (Boxing, Muay Thai, Kickboxing etc) to music

RPM

Varied terrain cycling class with motivating music

BODYBALANCE

Tai chi, yoga and Pilates fusion class with beautiful music

Core

Core conditioning workout targeting all the muscles around the core

HIIT

Push yourself past your limits with cardio and plyometric HIIT moves

GRIT*

30 minute intense interval class that will increase your cardio fitness, burn fat and increase lean muscle

Bootcamp

Calisthenics and body weight exercises with cardio and strength training

Abs

Core conditioning workout targeting all the muscles around the core

Coreblast

Great session to help develop core strength and fitness

Spin

Varied terrain cycle class with motivating music