



Education 30% discount:

£56 per month on a 12-month commitment
£67 per month on 1 month rolling contract

The membership gives you access to all of the facilities including the gym, all exercise classes, both pools, the sauna, steam room and a session with a personal trainer every 6 weeks. It will also include access to the 'Personal Best' programme, this is an in-depth health check that helps monitor your well-being, covering aspects like cholesterol levels, sleep and mental health.

To see a copy of the Warwick gym adult timetable please control and click below, or please refer to the 'family membership' on page 2 for the junior timetable.

Junior memberships are £6 per month for Under 3's and £17 per month for 3–15-year-olds. This includes access to all junior activities, and creche time is included for over 3's too (£4.70 per hour for under 3's).

Young adult memberships for 16–17-year-olds which is £38 per month, with no joining fee and on a rolling monthly contract.

[Warwick Gym Class Timetable | Nuffield Health](#)

To JOIN

Please contact the gym directly to make an appointment. You will need to take your payslip, or Staff ID Badge in order to qualify for the 30% discount.



INCLUDED FOR FREE WITH YOUR MEMBERSHIP

Reach your personal best

A unique 12-week coaching programme tailored to your specific health and wellbeing goals



How the programme works



FAMILY MEMBERSHIP

Kids classes Warwick



	UNDER 2's	2 TO 4'S	4 TO 7'S	8 TO 12'S	13 TO 15'S
Monday	CRECHE OPEN 9:15am -12:15am 4:00pm- 6:00pm	TODDLER YOGA 10:30am -11:00am Crèche	MUSICAL THEATRE 4:30pm-5:15pm Studio	MUSICAL THEATRE 4:30pm-5:15pm JUNIOR FIT CLUB 4:30pm-5:15pm Gym	JUNIOR GYM HOURS 10:00am – 6:00pm
Tuesday	CRECHE OPEN 9:15am -12:15am 4:00pm- 6:00pm	PRE SCHOOL BALLET 10:00am -10:30am Crèche	DANCE 4:30pm-5:15pm Studio	DANCE 4:30pm-5:15pm Studio	FAMILY SPIN 10+yrs 4:30pm-5:00pm Spin studio
			ARTS & CRAFTS 5:20pm- 6:00pm Crèche	FAMILY SPIN 10+yrs 4:30pm-5:00pm Spin studio	JUNIOR GYM HOURS 10:00am – 6:00pm
Wednesday	CRECHE OPEN 9:15am -12:15am 4:00pm- 6:00pm	ART BUGS 11:15am – 12:00pm Crèche	MULTI SPORTS 4:30pm- 5:15pm Studio	MULTI SPORTS 4:30pm-5:15pm Studio	JUNIOR CIRCUIT 4:30pm - 5:15pm Gym
			BOOK CLUB 5:20pm - 6:00pm Crèche	JUNIOR CIRCUIT 4:30pm - 5:15pm Gym	JUNIOR GYM HOURS 10:00am – 6:00pm
Thursday	BABY MASSAGE/BABY YOGA 1:00PM – 1:45PM Starting October	CRECHE OPEN 9:15am -12:15am	SMALL POOL OPEN 10:am – 7:00pm Pool	JUNIOR FIT CLUB 4:30pm- 5:15pm Gym	JUNIOR GYM HOURS 10:00am – 6:00pm
Friday	CRECHE OPEN 9:15am -12:15am	CRECHE OPEN 9:15am -12:15am	CLUB NIGHT Games, sports, movies 4:00pm – 6:00pm Crèche	FAMILY TABLE TENNIS 4:00pm – 6:00pm Studio 1	JUNIOR GYM HOURS 10:00am – 6:00pm
Saturday	CRECHE OPEN 9:15am -12:15am	STORYTIME & RHYME 10:30am – 11:15am Crèche	MULTI-SPORTS 9:00am- 9:45am Studio	JUNIOR FIT CLUB 11:15am – 12:00pm Gym	JUNIOR GYM HOURS 9:00am – 6:00pm
	CRECHE OPEN 9:15am -12:15am		KUNG FU 5+years * Martial Arts 11:15am - 12:15pm Studio 2	KUNG FU Martial Arts 11:15am - 12:15pm Studio 2	
Sunday	CRECHE OPEN 9:15am -12:15am	ART BUGS 10:15am – 10:45am Crèche	ART BUGS 11:00am-11:45am Crèche	JUNIOR FIT CLUB 11:15am - 12:00pm JUNIOR TRI CLUB 4:00pm - 5:00pm Pool	JUNIOR FIT CLUB 11:15am - 12:00pm JUNIOR TRI CLUB 4:00pm - 5:00pm Pool

*Kung Fu - children must be 5 years old to attend this class and be able to follow instruction. Parents are welcome to stay and join in.

*Limited spaces for classes, contact reception to book on to a class.

**All children need to be Stage 6 + level for Tri Club.

For all classes in the studios, meet and pick up is in the Bar.