

## Imperial yoga class timetable

	Charing Cross	St.Mary's	Hammersmith
<b>Mon</b>	5.30 - 6.30pm	5.30 - 6.30pm 6.40 - 7.30 (Yin)	5.30 - 6.30pm
<b>Tue</b>	12 - 12.45pm	12 - 12.45pm 5.30 - 6.30pm	5.30 - 6.30pm 6.45 - 7.45pm (Yin)
<b>Wed</b>		7.30 - 8.15am 5.30 - 6.30pm	
<b>Thu</b>	12 - 12.45pm 5.30 - 6.30pm	12 - 12.45pm	5.30 - 6.30pm (Yin)
<b>Fri</b>		12 - 12.45pm	

All classes are Vinyasa Flow yoga unless otherwise indicated  
Classes suitable for all levels.

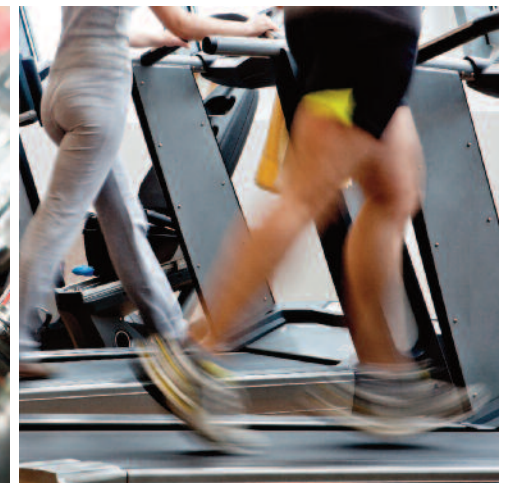


**For more information or to book, call 020 3312 1288**  
or email: [wellbeing@imperial.nhs.uk](mailto:wellbeing@imperial.nhs.uk)

[www.imperialhealthatwork.co.uk](http://www.imperialhealthatwork.co.uk)

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## Pinnacle Gym at St. Mary's Hospital

The all new Pinnacle Gym is here. Whether you need help to prepare for surgery, have a medical condition, want to lose weight, or just want to improve your fitness and body tone, we have the facilities and team to support you.

## Membership prices

Membership type	Monthly Gym only	Monthly Gym and yoga	3 months Gym only	3 months Gym and yoga	6 months Gym only	6 months Gym and yoga	12 months Gym only	12 months Gym and yoga	Joining fee
NHS staff	£28	£34	£77	£87	£142	£152	£252	£262	£10
Imperial College staff	£28	£34	£77	£87	£142	£152	£252	£262	£10
Private members	£39	£45	£97	£107	£172	£182	£292	£302	£25
Senior members	£29	£35	£72	£82	£132	£142	£242	£252	£10
Referrals	£25	£25	n/a	n/a	n/a	n/a	n/a	n/a	£0
External students	£26	£32	£75	£85	£140	£150	£250	£260	£10

## Additional services

Service type	Personal programmes	Personal training (per session) *
NHS staff	£25	From £46
Imperial College staff	£25	From £46
Private members	£25	From £46
Senior members	£25	From £46

\* Personal Training includes full in depth fitness and postural assessment, including video analysis.

See back of leaflet for yoga times

## Where are we?

Pinnacle Gym is located in the basement of the Cambridge Building at St Mary's Hospital.

## Opening hours

Monday - Friday: 06.30 - 21.00  
Weekend: 07.00 - 20.00

**The gym is open 24 hours  
7 days a week to NHS staff**

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