



EDEN HALL

NOTTINGHAMSHIRE

Exercise Class Timetable – December 2020

- For more information regarding our classes, please ask a member of the Gym Team.
- Classes are aimed at beginner to intermediate level and may be changed or cancelled without prior notice.
- Please wear suitable clothing and footwear to all classes, your instructor will advise you further on arrival.
- Please sign in on entry and read the Health & Safety information provided before use.
- Please ensure you arrive for all classes no more than 10 minutes before the start time. Late entries to classes will not be permitted due to Health and Safety reasons.
- Class entry will be via the double studio doors, and exit will be via the studio fire exit to reduce congestion in the waiting areas.
- Please wash your hands before and after your class.
- Please fill the workout spaces in the studio from the furthest box, filling up to the space nearest the doors.
- Equipment will be cleaned prior and after use by our team, however you are welcome to clean your own using materials provided.
- Any classes or exercise activity undertaken at Eden Hall Day Spa is done at your own risk, and no liability or responsibility will be taken for any injuries or other occurrences that happen during your session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00-8.30 Pump it Up M ♥ ♥	8.00-8.30	8.00-8.30 Fitness Pilates M ♥ ♥	8.00-8.30	8.00-8.30	8.00-8.30 Core Flow M ♥ ♥	8.00-8.30
9.00-9.30 Pump it Up M ♥ ♥	9.00-9.30 Indoor Cycling M ♥ ♥ ♥	9.00-9.30 Combat Fit M ♥ ♥ ♥	9.00-9.30 Pump it Up M ♥ ♥	9.00-9.30 Pump it Up M ♥ ♥	9.00-9.30 Indoor Cycling M ♥ ♥ ♥	9.00-9.30 Body Tone M ♥ ♥
10.00-10.30 Body Tone ♥ ♥	10.00-10.30 No Kit HIIT M ♥ ♥ ♥	10.00-10.30 Step M ♥ ♥ ♥	10.00-10.30 Yoga Stretch M ♥ ♥	10.00-10.30 Fitness Pilates M ♥ ♥	10.00-10.30 Body Tone ♥ ♥	10.00-10.30 No Kit HIIT ♥ ♥ ♥
10.45-11.15 Dance Fusion ♥ ♥	10.45-11.15 Body Tone ♥ ♥	10.45-11.15 LBT ♥ ♥	10.45-11.15 No Kit LIIT ♥ ♥	10.45-11.15 Dance Fusion ♥ ♥	10.45-11.15 Hi Lo Aerobics ♥ ♥	10.45-11.15 Step ♥ ♥ ♥
11.30-12.00 Yoga Flow ♥ ♥	11.30-12.00 Combat Fit ♥ ♥ ♥	11.30-12.00 Yoga Flow ♥ ♥	11.30-12.00 Step ♥ ♥ ♥	11.30-12.00 LBT ♥ ♥	11.30-12.00 No Kit LIIT ♥ ♥	11.30-12.00 Fitness Pilates ♥ ♥
12.15-12.45 Meditation ♥	12.15-12.45 Yoga Flow ♥ ♥	12.15-12.45 Meditation ♥	12.15-12.45 Stretch ♥	12.15-12.45 Yoga Flow ♥ ♥	12.15-12.45 Yoga Flow ♥ ♥	12.15-12.45 Stretch ♥
2.30-3.00 Presence and Posture ♥	2.30-3.00 Stretch & Relax ♥	2.30-3.00 Presence and Posture ♥	2.30-3.00 Meditation ♥	2.30-3.00 Stretch & Relax ♥	2.30-3.00 Meditation ♥	2.30-3.00 Meditation ♥
3.15-3.45 Core Flow ♥ ♥	3.15-3.45 Fitness Pilates ♥ ♥	3.15-3.45 Yoga Stretch ♥ ♥	3.15-3.45 Fitness Pilates ♥ ♥	3.15-3.45 Fitness Pilates ♥ ♥	3.15-3.45 Fitness Pilates ♥ ♥	3.15-3.45 Yoga Stretch ♥ ♥
4.00-4.30 Hula Hooping ♥ ♥	4.00-4.30 Abs Blast ♥ ♥	4.00-4.30 No Kit LIIT ♥ ♥	4.00-4.30 Hi Lo Aerobics ♥ ♥	4.00-4.30 Hula Hooping ♥ ♥	4.00-4.30 Abs Blast ♥ ♥	4.00-4.30 Hula Hooping ♥ ♥
6.00-6.30 Yoga Stretch M ♥ ♥	6.00-6.30 No Kit HIIT M ♥ ♥ ♥	6.00-6.30 Pump it Up M ♥ ♥	6.00-6.30 Indoor Cycling M ♥ ♥ ♥	6.00-6.30 Core Flow M ♥ ♥		

For your information, we have provided a 'heart guide' as to what intensity to expect from our classes:

♥ Low impact (mind & body/flexibility, fitness for fun)

♥ ♥ Medium impact/intensity, options given for all levels (conditioning/aerobic classes)

♥ ♥ ♥ High impact/intensity, not recommended for those new to exercise (circuits/HIIT/indoor cycling classes)

The Gymnasium is open from 7am – 7pm Monday –Friday
and 7am – 5.30pm Saturdays and Sundays.

M – Members Only