EDEN HALL

NOTTINGHAMSHIRE

Zoom Exercise Class Timetable – w/c 14th *December 2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00-8.30	**8.00-8.30**	**8.00-8.30**	**8.00-8.30**	**8.00-8.30**	**8.00-8.30**	**8.00-8.30**
Pump it Up (No Weights) ♥ ♥ Join Zoom Meeting https://zoom.us/j/98926378908?pwd=Q1RkODBKNWpWdnJ0Y2x1S1I3bVdwUT09 Meeting ID: 989 2637 8908 Passcode: n1YP57	Combat Fit ♥ ♥ ♥ Join Zoom Meeting https://zoom.us/j/96808398583?pwd=cVlxSnBvM1d4cllvU1ZHUWtlQXhodz09 Meeting ID: 968 0839 8583 Passcode: kD7Mii	Core Flow ♥ ♥ Join Zoom Meeting https://zoom.us/j/93229421653?pwd=b2I1ZUV1aU1GcnZPN2p5dVdCSkE2Zz09 Meeting ID: 932 2942 1653 Passcode: vCMCj2	Yoga Flow ♥ ♥ Join Zoom Meeting https://zoom.us/j/97342996395?pwd=dmQ2OE1pT0diZWY0dVptZWlyNGMzUT09 Meeting ID: 973 4299 6395 Passcode: EVtw6m	Body Tone ♥ ♥ Join Zoom Meeting https://zoom.us/j/98766654406?pwd=OGxpZlBNOWQ1VjFUTDQ3RkY4aGRUdz09 Meeting ID: 987 6665 4406 Passcode: X1H0Rm	Fitness Pilates ♥ ♥ Join Zoom Meeting https://zoom.us/j/92831995223?pwd=Sy9JOU9mdmdoN1VVWjBiMmwrM0dTQT09 Meeting ID: 928 3199 5223 Passcode: FPt1Ar	No Kit HIIT ♥ ♥ ♥ Join Zoom Meeting https://zoom.us/j/95008927632?pwd=aEM1ZTBnc3crSzNidDI0YTB1MEQ4dz09 Meeting ID: 950 0892 7632 Passcode: EW9YwV
9.00-9.30	**9.00-9.30**	**9.00-9.30**	**9.00-9.30**	**9.00-9.30**	**9.00-9.30**	**9.00-9.30**
No Kit HIIT ♥ ♥ ♥ Join Zoom Meeting https://zoom.us/j/92361989892?pwd=QmIpc1JldThrSzFzTFdhM2Exa0p1dz09 Meeting ID: 923 6198 9892 Passcode: 9fGQZb	LBT ♥ ♥ Join Zoom Meeting https://zoom.us/j/94477494298?pwd=dDdTckVvb3g0R202Q1RKNUl1blhCUT09 Meeting ID: 944 7749 4298 Passcode: Q1fktx	Body Tone ♥ ♥ Join Zoom Meeting https://zoom.us/j/92546510582?pwd=K2s5S2tnUUpDbG80ajVoSzRDV0ZXQT09 Meeting ID: 925 4651 0582 Passcode: AA8iKC	Abs Blast ♥ ♥ Join Zoom Meeting https://zoom.us/j/91718267316?pwd=d2xpQ2prS0M3bWRvU2FFc0NTKzZNdz09 Meeting ID: 917 1826 7316 Passcode: aS9aB7	No Kit HIIT ♥ ♥ ♥ Join Zoom Meeting https://zoom.us/j/96236561495?pwd=WWNTbmJVeERRck8xS2NtL3IrTGRnZz09 Meeting ID: 962 3656 1495 Passcode: g96bC5	LBT ♥ ♥ Join Zoom Meeting https://zoom.us/j/93114129195?pwd=M0RoOXJ1Nk5MZC9aM1lXVWsvL0crZz09 Meeting ID: 931 1412 9195 Passcode: 0b9gbs	Body Tone ♥ ♥ Join Zoom Meeting https://zoom.us/j/96516547647?pwd=WkExTFNodm11WURqcm5yVFYyd28wZz09 Meeting ID: 965 1654 7647 Passcode: f02S45

10.00-10.30 Yoga Stretch ♥ ♥ Join Zoom Meeting https://zoom.us/j/95180250831?pwd=QjZHaU12cXhPaTVVcUJNRitkQkZOdz09 Meeting ID: 951 8025 0831 Passcode: 5UhqM4	**10.00-10.30** Fitness Pilates ♥ ♥ Join Zoom Meeting https://zoom.us/j/96296453574?pwd=SmYxbUxQdTduQ3Rxa3o Meeting ID: 962 9645 3574 Passcode: umn3UH	**10.00-10.30** Pump it Up (No Weights) ♥ ♥ Join Zoom Meeting https://zoom.us/j/94775577164?pwd=aDhxN0pOdlVHekZJTEREa1RWOTJmdz09 Meeting ID: 947 7557 7164 Passcode: f4akYJ	**10.00-10.30** Body Tone ♥ ♥ Join Zoom Meeting https://zoom.us/j/99966005134?pwd=a21DV3BmOHNBWGFNTnB2dThFY0ExZz09 Meeting ID: 999 6600 5134 Passcode: y6c7Qk	**10.00-10.30** Stretch ♥ Join Zoom Meeting https://zoom.us/j/98366146642?pwd=cXBOcm5Ndm44eWM4dlhNYTlMVnZtUT09 Meeting ID: 983 6614 6642 Passcode: P39jGP	**10.00-10.30** Abs Blast ♥ ♥ Join Zoom Meeting https://zoom.us/j/95735322246?pwd=VHJCT0p6Sm1SeEEvRktVYXYyLytwdz09 Meeting ID: 957 3532 2246 Passcode: e3mg7R	**10.00-10.30** Yoga Stretch ♥ ♥ Join Zoom Meeting https://zoom.us/j/94426961071?pwd=UjV5ejFWSXoyaisxcXV2cnVJZG83UT09 Meeting ID: 944 2696 1071 Passcode: Y3MbX4
17:30-18:00 Yoga ♥ ♥ Join Zoom Meeting https://zoom.us/j/98386756031?pwd=MkpPalF5RWdSbklGSy9XVENyNmlSUT09 Meeting ID: 983 8675 6031 Passcode: 9SKV7e	**17:30-18:00** H.I.I.T ♥ ♥ ♥ Join Zoom Meeting https://zoom.us/j/92280835058?pwd=MTZYMFMvQ0ZWcFg1M280aHVkdEZKUT09 Meeting ID: 922 8083 5058 Passcode: nVY4xJ	**18:00-18:30** Fitness Pilates ♥ ♥ Join Zoom Meeting https://zoom.us/j/99335797275?pwd=dVZnUllCTlF3S2pwbG5icE1rV3MrQT09 Meeting ID: 993 3579 7275 Passcode: z31pA7	For your information, we have provided a 'heart guide' as to what intensity to expect from our classes: ♥ Low impact (mind & body/flexibility) ♥ ♥ Medium impact/intensity, options given for all levels (conditioning/aerobic classes) ♥ ♥ ♥ High impact/intensity, not recommended for those new to exercise (circuits/HIIT/) The Gymnasium is open from 7am – 7pm Monday –Friday and 7am – 5pm Saturdays and Sundays.			