

EDEN HALL

Sample Class Timetable

04.12.23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:30 Members Ironclad Abs	8:00 - 8:45 Members Pilates	8:00 - 8:45 Members Ballet Tone	8:00 - 8:45 Members L.B.T	8:00 - 8:45 Members Lyft Fit	8:45 - 9:30 Members Indoor Cycle	8:45 - 9:30 Members Dance Fusion
9:00 - 9:45 Indoor Cycle	9:00 - 9:45 Lyft Fit	9:00 - 9:45 Step	9:00 - 9:45 Body Blitz	9:00 - 9:45 Indoor Cycle	9:45 - 10:30 Kettlebell	9:45 - 10:30 Step
10:00 - 10:45 Yoga	10:00 - 10:45 Indoor Cycle	10:00 - 10:45 Lyft Fit	10:00 - 10:45 Kettlebell	10:00 - 10:45 Lyft Fit	10:45 - 11:30 Yoga	10:45 - 11:30 Ballet Tone
11:00 - 11:45 Kettlebell	11:00 - 11:45 L.B.T	11:15 - 12:00 Fitness Pilates	11:00 - 11:45 Yoga	11:00 - 11:45 Yoga	11:45 - 12:30 Yoga	11:45 - 12:30 Body Power
	12:00 - 12:45 Body Power	12:15 - 12:45 Ironclad Abs	12:00 - 12:30 Stretch & Relax	12:00 - 12:30 Ironclad Abs		
15:00 - 15:30 Meditation	15:00 - 15:30 Meditation	15:00 - 15:30 Meditation	15:00 - 15:30 Meditation	15:00 - 15:30 Meditation	15:00 - 15:30 Meditation	15:00 - 15:30 Meditation
16:00 - 16:30 Stretch & Relax	16:00 - 16:45 Yoga	16:00 - 16:45 Fitness Pilates	16:00 - 16:45 Yoga	16:00 - 16:30 Stretch & Relax	16:00 - 16:45 Fitness Pilates	16:00 - 16:45 Fitness Pilates
17:00 - 17:45 Body Sculpt		17:00 - 17:45 Body Power	17:00 - 17:45 Fitness Pilates	17:00 - 17:45 Dance Fusion	17:00 - 17:30 Stretch & Relax	17:00 - 17:30 Stretch & Relax
18:00 - 18:45 Members Step	18:00 - 18:45 Members Yoga		18:00 - 18:45 Members Indoor Cycle	18:00 - 18:30 Members Ballet Tone		

Please ensure you arrive at least 10 minutes before the class start time.

All classes are appropriate for all levels. These classes have been carefully designed to help you level up your fitness, improve your strength and revive your spirit! In the event of unforeseen circumstances, classes may be cancelled or changed without prior notice.



SCAN TO SEE...

Health and safety information and for what's on at Eden today!

Find out more about our classes

- Please read the Health & Safety information provided before use.
 - Please ensure you arrive at least 10 minutes before the class start time, setting up any equipment that may be needed. If there is a reserve list on the class, admittance with 3 minutes to go on the class start time will not be permitted. Late entries to classes will also not be permitted due to Health and Safety reasons.
 - Cleaning materials will be provided at the beginning and end of each class for you to clean your equipment.
 - Any classes or exercise activity undertaken at Eden Hall Day Spa is done at your own risk. No liability or responsibility will be taken for any injuries or other occurrences that happen during your session.
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BALLET TONE

A blend of Ballet and Pilates movements in a high energy class. Aiming to improve coordination and balance, helping create longer and leaner muscles.*

BODY POWER

This class focuses on lifting technique and form, developing your confidence and strength. Helping you to lift heavier and safer, improving muscular strength and endurance.*

DANCE FUSION

A mix of dance and aerobic movements in a fun and energetic style.*

FITNESS PILATES

Fitness Pilates adapts and modifies the traditional exercises of Pilates to provide a more challenging class. This floor-based workout provides a platform to develop postural alignment, strength and endurance.*

BODY SCULPT

Designed to sculpt and shape your body, whilst gaining muscular strength and endurance. Incorporating exercises to tone and target specific muscle groups.*

INDOOR CYCLE

Using our signature spin bikes, this class is designed to combine high intensity cardio with endurance to rhythmic beats. Push your stamina to the limit as you lose yourself in the music during your ride.*

BODY BLITZ

This bodyweight class gets your heart and blood pumping, whilst you use your own body as the resistance. Push yourself to new levels as you sculpt and shape your body.*

IRONCLAD ABS

This class will concentrate on strengthening your core muscles, including your abdominal, back and pelvic muscles.*

L.B.T

This lower body and abdominal workout is programmed to shape and sculpt whilst also working to promote strength and core control.*

LYFT FIT

A weights-based class using barbells and/or dumbbells, to tone and condition the whole body. Using a variety of exercises this class will help shape and sculpt, whilst also improving muscular strength.*

MEDITATION

Let your mind and body truly relax during this class. Relieve any unwanted stress as you slow the pace down, leaving you feeling calmer and more focused.

PILATES

Push yourself to new levels as you use body weight to teach your brain and body to work together. This floor-based workout provides a platform to develop postural alignment, strength and endurance.*

STEP

A classic cardio workout to boost your heart rate and breathing, whilst strengthening your muscles to rhythmic beats.*

STRETCH & RELAX

Take time to relax and unwind with this stretching based class, aimed at easing sore and tight muscles. Channelling your mind to the awareness of your body and how you feel.*

KETTLE TONE

A kettlebell specific class, including multiple exercises to help strengthen your entire body. Targeting the lower body, upper body and abs.*

YOGA

Energise and revitalise yourself so your mind and body are working as one. Calm meets strength and flexibility, as you take the pace out of life.*

* Some exercises may not be suitable for pregnancy, injuries, mobility and back issues. Please speak to a member of the gym team for more information.