



EDEN HALL

NOTTINGHAMSHIRE

Exercise Class Timetable

- Please wear suitable clothing and footwear to all classes, your instructor will advise you further on arrival.
- Please 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.
- Please wash your hands before and after your class. 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, and no liability or responsibility will be taken for any injuries or other occurrences that happen during your session.
- Please note that whilst we endeavor to have the same instructors as listed we reserve the right to change these due to holiday or unexpected circumstances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00- 9:45	9:00- 9:45	9:00– 9:45	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45
Indoor Cycling Victoria ♥♥♥	Lyft Fit Caroline ♥♥	Step Callum D ♥♥♥	Lyft Fit Gill ♥♥	Indoor Cycling Callum D ♥♥♥	H.I.I.T Caroline ♥♥♥	Indoor Cycling Victoria ♥♥♥
10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45
Lyft Fit Sandra ♥♥	Indoor Cycling Callum D ♥♥♥	Clubbercise™ Callum D ♥♥♥	Lyft Fit Sandra ♥♥	Lyft Fit Micaela ♥♥	Step Caroline ♥♥♥	L.B.T Victoria ♥♥
11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45	11:00-11:45
Combat Fit Gill ♥♥♥	Yoga Flow Emily ♥♥	Body Blast Micaela ♥♥	Step Kelly ♥♥♥	Combat Fit Gill ♥♥♥	Clubbercise™ Callum D ♥♥♥	Yoga Flow Emily ♥♥
12:00-12:45	12:00-12:45	12:00-12:30	12:00-12:30	12:00-12:45	12:00-12:30	11:45-12:15
L.B.T Victoria ♥♥	Body Power Caroline ♥♥	XPRS Indoor Cycling Victoria ♥♥♥	Stretch Kelly ♥	Holistic Mix Gill ♥♥	Abs and Glutes Micaela ♥♥	Meditation Emily ♥
14:30-15:00	14:30-15:00	14.30-15:00	14:30-15:00	14:30-15:00	14:30-15:00	14:30-15:00
Stretch & Relax Micaela ♥	Meditation Emily ♥	Abs and Glutes Caroline ♥♥	Meditation Lindsey ♥	Body Blast Micaela ♥♥	Meditation Lindsey ♥	Abs and Glutes Sandra ♥♥
15:15-16:00	15:15-16:00	15:15-16:00	15:15-16:00	15:15-15:45	15:15-15:45	15:15-16:00
Yoga Emily ♥♥	Yoga Emily ♥♥	Fitness Pilates Caroline ♥♥	Yoga Lindsey ♥♥	Stretch & Relax Lindsey ♥	Stretch & Relax Caroline ♥	Pilates Emily ♥♥
16:15-16:45	16:15-17:00	16.15-16.45	16:15-16:45	16:15-17:00	16:15-17:00	16:15-16:45
Meditation Emily ♥	Fitness Pilates Caroline ♥♥	Stretch & Relax Micaela ♥	Fitness Pilates Callum D ♥♥	Yoga Lindsey ♥♥	Yoga /Pilates Lindsey ♥♥	Relax & Unwind Emily ♥

♥ Low impact (mind & body/flexibility) ♥♥ Medium impact/intensity, (conditioning/aerobic classes)

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

For more information regarding our classes, please ask a member of the Gym Team.