



EDEN HALL

NOTTINGHAMSHIRE

Exercise Class Timetable

- 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 fill the workout spaces in the studio from the furthest box, filling up to the space nearest the doors.
- 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 Indoor Cycling Callum D	8:50-9:35 Lyft Fit Callum D	8:00-8:45 Total Tone Katie	8:00-8:45 Indoor Cycling Katie	8:00-8:45 Indoor Cycling Callum D	8:00-8:30 Instructor Choice	8:00-8:30 Yoga Flow Emily
9:30-10:15 Lyft Fit Callum D	9:50-10:35 Indoor Cycling Callum D	9:00-9:30 Step Callum D	9:00-9:45 Lyft Fit Katie	9:00-9:45 Lyft Fit Callum D	9:00-9:45 H.I.I.T Callum D	9:00-9:30 LBT Emily
10:45-11:30 Clubbercise Callum D	10:50-11:35 Yoga Flow Emily	9:45-10:30 Clubbercise Katie	10:00-10:30 Instructors Choice	10:00-10:30 LBT Katie	10:00-10:30 Step Callum D	10:00-10:30 Instructors Choice
11:50-12:20 Yoga Stretch Emily	12:00-12:30 Stretch Callum D	10:45-11:15 Stretch Katie	10:45-11:15 Step Katie	10:45-11:15 Stretch Katie	10:45-11:15 Aerobics Kelly	10:45-11:15 Meditation Emily
14:30-15:00 Stretch Callum D	14:30-15:00 Abs Blast Emily	14:30-15:00 Abs and Glutes Caroline	14:30-15:00 Meditation Lindsey	14:30-15:00 Indoor Cycling Callum D	14:15-15:00 Functional Fitness Caroline	14:15-15:00 Instructors choice
15:20-16:05 Yoga Emily	15:20-16:05 Fitness Pilates Caroline	15:40-16:25 Fitness Pilates Caroline	15:15-15:45 Instructors Choice	15:15-16:00 Yoga Lindsey	15:15-15:45 Abs and Glutes Caroline	15:15-15:45 Pilates
16:15-17:00 Pilates Emily	16:15-17:00 Yoga Emily	17:00-17:45 Stretch Caroline	16:15-17:00 Yoga Lindsey	16:30-17:00 Relaxation Lindsey	16:15-17:00 Pilates Caroline	16:00-16:30 Relax and Unwind
18:15-19:00 Core Emily	18:00-18:45 H.I.I.T Caroline	18:15-19:00 Functional Fitness Caroline	18:00-18:45 Body Attack Callum L	17:45-19:00 Yoga Lindsey	19:30-20:00 Meditation Lindsey	