

STUDIO CLASS TIMETABLE // OCTOBER 2024

DAY	TIME	BY	WEEK ONE // 30 SEPT – 6 OCTOBER	WEEK TWO // 7 – 13 OCTOBER	WEEK THREE // 14 – 20 OCTOBER	WEEK FOUR // 21 – 27 OCTOBER	WEEK FIVE // 28 OCTOBER – 3 NOV
MON	10.00 - 11.00	JNr	LEGS, ARMS, BUMS & TUMS		LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	11.00 - 11.45	JNr	POSTURE		POSTURE	POSTURE	POSTURE
	18.00 - 19.00	JNr	HIIT		HIIT	HIIT	HIIT
TUE	07.30 - 08.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	09.00 - 10.00	JNr	HIIT	HIIT	HIIT	HIIT	HIIT
	10.00 - 10.30	JNr	ABS	ABS	ABS	ABS	ABS
	19.00 - 20.00	MTt	YIN YOGA		YIN YOGA	YIN YOGA	YIN YOGA
WED	11.00 - 12.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	12.00 - 12.30	JNr	POSTURE	POSTURE	POSTURE	POSTURE	POSTURE
THU	07.30 - 08.30	JNr	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP
	09.30 - 10.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	10.30 - 11.00	JNr	ABS	ABS	ABS	ABS	ABS
FRI	09.30 - 10.00	ESd	STEP	STEP	STEP	STEP	STEP
	10.00 - 10.45	ESd	PILATES	PILATES	PILATES	PILATES	PILATES



JAMES NIJJAR Personal Training sessions

Block book 10 sessions £450 individual

Block book 10 sessions £700 couple

To enquire or book email spamembership@ruddingpark.com

PERSONAL TRAINING OFFER

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Block book 10 sessions £700 couple

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INSTRUCTORS

JNr = James Nijjar
ESd = Elyse Shankland
MTt = Mandy Tennant
MTn = Matt Tottman

TERMS

If there are no bookings 24hrs before a class is scheduled the class will be cancelled
If you fail to attend a class for which you signed up a £5 charitable donation will be chargeable

HOW TO BOOK

- Book online (available to book up to two weeks in advance)
- As class numbers are strictly limited, we recommend you reserve your place

CLASS ETIQUETTE

- Please arrive five minutes before the class is due to start to allow for a prompt start time.
- We reserve the right to refuse admission to the class after the advertised start time.
- Please inform the instructor if you have high blood pressure, are taking medication, have any injuries or have recently undergone surgery.