

# STUDIO CLASS TIMETABLE // NOVEMBER 2024

DAY	TIME	BY	WEEK ONE // 4 – 10 NOVEMBER	WEEK TWO // 11 – 17 NOVEMBER	WEEK THREE // 18 – 24 NOVEMBER	WEEK FOUR // 25 NOVEMBER – 1 DECEMBER
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
	09.00 - 10.00	JNr	HIIT	HIIT	HIIT	HIIT
	10.00 - 10.30	JNr	ABS	ABS	ABS	ABS
	19.00 - 20.00	MTt	YIN YOGA			YIN YOGA
WED	11.00 - 12.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS		LEGS, ARMS, BUMS & TUMS
	12.00 - 12.30	JNr	POSTURE	POSTURE		POSTURE
THU	07.30 - 08.30	JNr	BOOTCAMP	BOOTCAMP		BOOTCAMP
	09.30 - 10.30	JNr	CIRCUITS	CIRCUITS		CIRCUITS
	10.30 - 11.00	JNr	ABS	ABS		ABS
	11.00 - 11.50	MTt	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA
FRI	09.30 - 10.00	ESd	STEP	STEP	STEP	STEP
	10.00 - 10.45	ESd	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](mailto:spamembership@ruddingpark.com)

## PERSONAL TRAINING OFFER

Block book 10 sessions £450 individual

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.