

STUDIO CLASS TIMETABLE // DECEMBER 2024

DAY	TIME	BY	WEEK ONE // 2 – 8 DECEMBER	WEEK TWO // 9 – 15 DECEMBER	WEEK THREE // 16 – 22 DECEMBER	WEEK FOUR // 23 – 29 DECEMBER	WEEK FIVE // 30 DECEMBER – 5 JANUARY
MON	10.00 - 11.00	JNr		LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS		
	11.00 - 11.45	JNr	12.30 - 1.15 L, A, B & T (ESd)	POSTURE	POSTURE		
	18.00 - 19.00	JNr		HIIT	HIIT		
TUE	07.30 - 08.30	JNr		CIRCUITS	CIRCUITS		
	09.00 - 10.00	JNr		HIIT	HIIT		
	10.00 - 10.30	JNr	12.30 - 1.15 CIRCUITS (ESd)	ABS	ABS		
	19.00 - 20.00	MTt	YIN YOGA		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	12.15 - 12.45 12.45 - 1.15 STRONG NATION (ESd) WEIGHTS & ABS (ESd)	BOOTCAMP			
	09.30 - 10.30	JNr		CIRCUITS		CIRCUITS	
	10.30 - 11.00	JNr		ABS		ABS	
	11.00 - 11.50	MTt		YIN YOGA	YIN YOGA		
FRI	09.30 - 10.00	ESd	STEP	STEP	STEP		
	10.00 - 10.45	ESd	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.