

STUDIO CLASS TIMETABLE // MARCH 2025

GYM CLASS COVER FOR MARCH

Due to some of our instructors taking annual leave throughout March, we have arranged cover for certain days.

Elyse will be covering the first two Monday's and Wednesdays in March with some new classes for you to try.

We are pleased to introduce Clewin who will be covering some of Matt Tottman's Yoga Sessions.

DAY	TIME	BY	WEEK ONE // 3 – 9 MARCH	WEEK TWO // 10 – 16 MARCH	DAY	TIME	BY	WEEK THREE // 17 – 23 MARCH	WEEK FOUR // 24 – 30 MARCH
MON	12.30 - 13.15	ESd	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	MON	10.00 - 11.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	13.15 - 14.00	ESd	STRONG NATION	STRONG NATION		11.00 - 11.45	JNr	POSTURE	POSTURE
						18.00 - 19.00	JNr	HIIT	HIIT
TUE	19.00 - 20.00	MTn	YIN YOGA	YIN YOGA	TUE	07.30 - 08.30	JNr	CIRCUITS	CIRCUITS
WED	12.30 - 13.15	ESd	CARDIO & STRENGTH	CARDIO & STRENGTH		09.00 - 10.00	JNr	HIIT	HIIT
	13.15 - 14.00	ESd	STRONG PILATES	STRONG PILATES		10.00 - 10.30	JNr	ABS	ABS
						19.00 - 20.00	CHs		YIN YOGA
THU	11.00 - 11.50	MTn	VINYASA YOGA	VINYASA YOGA	WED	11.00 - 12.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
FRI	09.30 - 10.00	ESd	STEP	STEP		12.00 - 12.30	JNr	POSTURE	POSTURE
	10.00 - 10.45	ESd	PILATES	PILATES					
						07.30 - 08.30	JNr	BOOTCAMP	BOOTCAMP
						09.30 - 10.30	JNr	CIRCUITS	CIRCUITS
					10.30 - 11.00	JNr	ABS	ABS	
					11.00 - 11.50	CHs	YIN YOGA	YIN YOGA	
					FRI	09.30 - 10.00	ESd	STEP	STEP
						10.00 - 10.45	ESd	PILATES	PILATES



JAMES NIJJAR PERSONAL TRAINING

Block book 10 sessions £450 individual

Block book 10 sessions £700 couple

To enquire or book email spamembership@ruddingpark.com

INSTRUCTORS

JNr = James Nijjar
 ESd = Elyse Shankland
 CHs = Clewin Hughes
 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.