

# Group Exercise Timetable: Spring 2022

## Royal Masonic School For Girls

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### Studio

6:15pm - 7pm	<b>Zumba</b>	6:15pm - 7:15pm	<b>Yoga</b>	6:15pm - 7:10pm	<b>Step &amp; Pump</b>	6:15pm - 7pm	<b>LBT</b>	6:15pm - 6:45pm	<b>HIIT</b>	9:30am - 10:15am	<b>Bootcamp</b>
7:00pm - 7:45pm	<b>Pump</b>					7:05pm - 7:25pm	<b>Tabata</b>	6:50pm - 7:05pm	<b>Ab Blast</b>		
		7:20pm - 8:05pm	<b>Circuits</b>	7:15pm - 8pm	<b>Circuits Strength</b>						

### Spin Studio

6:15pm - 7pm	<b>Spin 45</b>	9:30am - 10:15am	<b>Spin &amp; Abs</b>
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**Core**      **Aerobic**

**Mind and Body**      **Strengthen**

### AEROBIC

<b>Spin</b>	Taking you through a series of sprints, climbs and a variety of moves to maximise calorie burn.	<b>Tabata</b>	A High Intensity class using a mixture of cardiovascular and resistance exercises.
<b>Step &amp; Pump</b>	Introducing the classic 80's style step class, focusing on cardio & resistance to provide a full body workout.	<b>Bootcamp</b>	Bursts of intense activity and rests of lighter activity. You can expect a mix of exercises to provide a tough varied workout.

### STRENGTHEN

<b>Pump</b>	Fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.	<b>LBT</b>	Using a series of specific exercises aiming at toning up your legs, bums and tums.
<b>Circuits</b>	A high energy and fast paced class which involves working your way around different exercises in a circuit.	<b>HIIT</b>	An intense 30 minute total body blast, with a circuit pressure theme.

### MIND & BODY      CORE

<b>Yoga</b>	Focusing on different postures which are practiced to align, strengthen and promote flexibility in the body.	<b>Ab Blast</b>	A challenging 15 minute workout that will work your core. This class goes above and beyond sit ups/crunches.
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For class bookings or for more information:  
 Visit [member.nuffieldhealth.com/bookings](http://member.nuffieldhealth.com/bookings)  
 Email [nuffieldhealth@rmsforgirls.com](mailto:nuffieldhealth@rmsforgirls.com)  
 or call 01923 725 344

**Opening Times**  
 Monday - Thursday 5:30pm - 10pm  
 Friday 5:30pm - 9pm  
 Saturday - Sunday 9am - 5pm