

# Group Exercise Timetable: Summer 2023

## Royal Masonic School For Girls (RMS)

Correct as of 18 May 2023

| Monday             | Tuesday               | Wednesday                 | Thursday                 | Friday                   | Saturday                     | Sunday                     |
|--------------------|-----------------------|---------------------------|--------------------------|--------------------------|------------------------------|----------------------------|
| <b>Studio</b>      |                       |                           |                          |                          |                              |                            |
| 6pm - 7pm: Yoga    |                       | 6:05pm - 7pm: Step & Pump | 6:15pm - 7pm: LBT        | 6:15pm - 7pm: HIIT & Abs | 10:30am - 11:30am: Yoga      | 9:30am - 10:15am: Bootcamp |
| 7.15pm - 8pm: Pump |                       | 7pm - 8pm: Pilates        |                          |                          |                              |                            |
| <b>Spin Studio</b> |                       |                           |                          |                          |                              |                            |
|                    | 6:15pm - 7pm: Spin 45 |                           | 7:10pm - 7:55pm: Spin 45 |                          | 9:30am - 10:15am: Spin & Abs |                            |

- Functional
- Aerobic
- Mind and Body
- Strength

*Bring a friend or family member too - £7 PAYG per class for non-members*

| 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            |  | FUNCTIONAL      |  |
| <b>Yoga</b>            | Focusing on different postures which are practiced to align, strengthen and promote flexibility in the body.   | <b>Pilates</b>  | Applying fundamental Pilates techniques and exercises - aiming to offset musculoskeletal imbalances                            |

### Opening Times

Monday - Thursday 5:30pm - 10pm  
 Friday 5:30pm - 9pm  
 Saturday - Sunday 9am - 5pm  
*Last entry is one-hour before closing*

**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