

# Group exercise timetable: January–March 2020

## Royal Masonic School

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### Studio

6:45pm–7:30pm	<b>PUMP</b>	6pm–7pm	Yoga	5:30pm–6:30pm	Pilates	6pm–6:45pm	<b>PUMP</b>	6:30pm–6:45pm	Ab Blast	9am–10am	Yoga	10am–11am	Yoga
7:30pm–8pm	Express Circuits	7:45pm–8:15pm	HIIT	6:30pm–6:45pm	Ab Blast	6:45pm–7pm	Ab Blast			10:45am–11am	Ab Blast	11am–11:15am	Ab Blast
		8:15pm–8:30pm	Ab Blast	6:45pm–7:30pm	Legs, Bums and Tums	6:30pm–7:30pm	Zumba					11:15am–12pm	Circuits
						7pm–7:45pm	Bootcamp						

### Spin studio

6pm–6:45pm	Spin	7pm–7:45pm	Spin	7:30pm–8:15pm	Spin			6pm–6:30pm	Spin	10am–10:45am	Spin
8pm–8:45pm	Spin										

Functional
  Strengthen
  Aerobic
  Core
  Mind and Body



<b>Aerobic</b>	
<b>Spin</b>	Taking you through a series of sprints, climbs and a variety of other moves to maximise your calorie burn.
<b>Zumba</b>	A class that has good music and high energy, this class will put you through a variety of dance moves to increase your aerobic fitness.
<b>HIIT</b>	
	A High Intensity class using a mixture of cardiovascular and resistance exercise to get your heart rate up and working hard.
<b>Bootcamp</b>	
	Combining a mixture of resistance and cardiovascular exercise to make you work as hard as possible.
<b>Core</b>	
<b>Ab Blast</b>	A 15 minute class focusing solely on toning and strengthening those abdominal muscles.
<b>Mind and Body</b>	
<b>Yoga</b>	Creating balance in the body through developing both strength and flexibility through a series of poses and controlled movements.
<b>Strengthen</b>	
<b>Circuits</b>	A combination of different exercises set out in a circuit format to provide a full body workout.
<b>Functional</b>	
<b>PUMP</b>	A full body resistance based exercise class that is designed to tone and increase muscular endurance.
<b>Pilates</b>	Applying fundamental Pilates techniques and exercises, this class is suitable for people of all ages aiming to offset musculoskeletal imbalances.
<b>Legs, Bums and Tums</b>	Using a series of specific exercises aiming at toning up your legs, bums and tums.

For class bookings or for more information:



visit [member.nuffieldhealth.com/bookings](https://member.nuffieldhealth.com/bookings)  
 email [nuffieldhealth@royalmasonic.herts.sch.uk](mailto:nuffieldhealth@royalmasonic.herts.sch.uk)  
 or call **01923 771368**



### Opening times

Monday to Thursday **5pm–10pm**

Friday **5pm–9pm**

Saturday to Sunday **9am–5pm**