

STUDIO CLASS TIMETABLE // SEPTEMBER 2026

DAY	TIME	BY	WEEK ONE // 31 AUG - 6 SEP	WEEK TWO // 7 - 13 SEP	WEEK THREE // 14 - 20 SEP	WEEK FOUR // 21 - 27 SEP	WEEK FIVE // 28 SEP - 4 OCT
MON	10.00 - 11.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	11.00 - 11.45	JNr	POSTURE	POSTURE	POSTURE	POSTURE	POSTURE
	18.00 - 19.00	JNr	HIIT	HIIT	HIIT	HIIT	HIIT
	18.00 - 19.00	LDy	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
TUE	07.30 - 08.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	09.00 - 10.00	JNr	HIIT	HIIT	HIIT	HIIT	HIIT
	10.00 - 10.30	JNr	ABS	ABS	ABS	ABS	ABS
	12.30 - 13.00	ESd	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
	13.00 - 13.45	ESd	PILATES	PILATES	PILATES	PILATES	PILATES
WED	11.00 - 12.00	JNr	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS	LEGS, ARMS, BUMS & TUMS
	12.00 - 12.30	JNr	POSTURE	POSTURE	POSTURE	POSTURE	POSTURE
	18.00 - 19.00	LDy	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
THU	07.30 - 08.30	JNr	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP
	09.30 - 10.30	JNr	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS	CIRCUITS
	10.30 - 11.00	JNr	ABS	ABS	ABS	ABS	ABS
	11.00 - 11.50	MTn	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA
FRI	09.30 - 10.00	ESd	STEP	STEP	STEP	STEP	STEP
	10.00 - 10.45	ESd	PILATES	PILATES	PILATES	PILATES	PILATES



JAMES NIJJAR Personal Training sessions
 Block book 10 sessions | £450 individual or £700 couples
 To enquire or book email spamembership@ruddingpark.com

MEMBER GYM GUEST PASSES

Guest passes for the gym are £10 per guest.
 Available from the Spa Reception

INSTRUCTORS

JNr = James Nijjar
 ESd = Elyse Shankland
 LDy = Lucy Day
 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.