STUDIO CLASS TIMETABLE // **NOVEMBER 2026**

DAY	TIME	BY	WEEK ONE // 2 - 8 NOV	WEEK TWO // 9 - 15 NOV	WEEK THREE // 16 - 22 NOV	WEEK FOUR // 23 - 29 NOV	WEEK FIVE // 30 NOV - 6 DEC
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
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.**