

National Badminton Centre

Group Exercise Timetable from 13/11/2023

Monday

09:15-10:00	🚲 Spin	Larry
10:15-11:15	🧘 Yoga	Vanessa
17:45-18:30	🏋️ Body Pump	Garth
18:45-19:45	🧘 Yoga	Vanessa

Tuesday

06:45-07:30	🚲 Spin	Jeff
09:30-10:15	🕺 Zumba	Dani
17:45-18:30	🚲 Spin	Rebecca
18:45-19:30	🏋️ Pilates	Rebecca
19:30-20:15	🕺 Zumba	Dani

Wednesday

09:30-10:30	🏋️ Body Pump	Garth
10:30-11:30	🧘 Stretch & Mobility	Amy
17:45-18:30	🏋️ Body Pump	Eleanor
18:45-19:45	🧘 Yoga	Safiyyah
19:45-20:30	🕺 Zumba	Dani

Thursday

09:30-10:30	👋 Circuits	Amy
10:30-11:30	🏋️ Pilates	Amy
17:30-18:15	🚲 Spin	Jeff
18:20-19:05	🚲 Spin	Jeff
18:30-19:15	🕺 HIIT Circuits	Wayne
19:15-20:00	🕺 Zumba	Dani

Friday

09:30-10:25	🕺 Body Combat	Julie
10:30-11:30	🏋️ Body Pump	Julie

Saturday

09:00-09:45	🚲 Spin	Rebecca
-------------	--------	---------

Sunday

09:15-10:00	🚲 Spin	Neil
10:30-11:30	🧘 Yoga	Inna

Health Club Opening Times

Monday-Friday 06:45-22:30

Saturday-Sunday 08:00 -20:00

Group Fitness Club Etiquette

Please ensure you have booked onto the class before attending.

If you have already booked for a class and can no longer attend, please cancel the class online or email us at nbc@badmintonengland.co.uk.

Follow us @thenationalbadmintoncentre

