

National Badminton Centre

Group Exercise Timetable from 25/03/2024

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	Stuart
17:40-18:25	🚴 Spin	Rebecca
18:40-19:25	🏋️ Pilates	Rebecca
19:30-20:15	🕺 Zumba	Dani

Wednesday

09:30-10:30	🏋️ Body Pump	Garth
10:35-11:35	🧘 Stretch & Mobility	Rebecca
17:45-18:30	🏋️ Body Pump	Eleanor
18:40-19:40	🧘 Yoga	Safiyyah
19:45-20:30	🕺 Zumba	Dani

Thursday

09:15-10:10	👉 Circuits	Wayne
10:15-11:10	🏋️ Pilates	Rebecca
17:30-18:15	🚴 Spin	Jeff
18:20-19:05	🕺 Beginner's Spin	Jeff
18:25-19:10	🕺 Body Combat	Abigail
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
10:00-11:00	🏋️ Pilates *	Paula

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

- Pilates commences Saturday 6th April

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.

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