

# National Badminton Centre

Virtual Main Studio Timetable from 25/03/2024

## Monday

06:45-07:30	Body Combat	♂
09:30-10:00	GRIT	♂
11:30-12:00	CORE	♀
13:00-13:30	GRIT	♂
20:00-20:30	Body Combat	♂

## Tuesday

10:30-11:15	Body Balance	♂
12:30-13:00	CORE	♀
17:00-17:30	GRIT	♂
18:00-18:30	CORE	♀

## Wednesday

07:00-07:30	GRIT	♂
12:00-12:30	Combat	♂

## Thursday

07:15-08:00	Body Balance	♂
12:30-13:00	Body Pump	♀
17:45-18:15	GRIT	♂

## Friday

07:30-08:00	CORE	♀
13:00-13:30	GRIT	♂
17:45-18:30	Body Pump	♂
18:30-19:15	Sh'bam	♂

## Saturday

08:15-08:45	GRIT	♂
09:00-09:45	Body Combat	♂
12:45-13:30	Body Pump	♀

## Sunday

08:30-09:00	CORE	♀
09:30-10:00	GRIT	♂
17:00-17:45	Body Balance	♂

## Health Club Opening Times

Monday-Friday	06:45-22:30
Saturday-Sunday	08:00 -20:00

Follow us @thenationalbadmintoncentre

