

National Badminton Centre

Group Exercise Timetable from 01/03/2025

Monday

09:25-10:10	🚴 Spin	Larry
09:30-10:15	🥋 Body Combat	Elena
10:20-11:20	🧘 Yoga	Vanessa
17:45-18:30	🚴 Spin	Neil
17:45-18:30	🏋️ Body Pump	Garth
18:35-19:30	🧘 Yoga	Vanessa
19:35-20:20	🕺 Dance-Fit	Shay

Tuesday

06:45-07:30	🚴 Spin	Jeff
09:30-10:15	🕺 Zumba	Daisy
10:20-10:50	🧘 HIIT Yoga	Vanessa
10:50-11:20	🧘 Yin Stretch Yoga	Vanessa
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	Donna
10:35-11:35	🧘 Pilates	Rebecca
17:45-18:30	🏋️ Body Pump	Eleanor

18:40-19:40	🧘 Yoga	Safiyah
19:45-20:30	🕺 Zumba	Dani

Thursday

09:15-10:10	🏋️ Circuits	Wayne
10:15-10:45	🧘 Balance	Rebecca
10:45-11:30	🧘 Stretch	Rebecca
17:30-18:15	🚴 Spin	Jeff
17:45-18:45	🧘 Pilates	Jenny
18:20-19:05	🕺 Beginner's Spin	Jeff
19:15-20:00	🕺 Zumba	Dani

Friday

09:15-10:10	🥋 Body Combat	Abbie/Donna
10:15-11:10	🏋️ Body Pump	Abbie/Donna
11:15-12:00	🧘 Pilates	Tracy
17:30-18:15	🧘 Sound Meditation	Gaby

Saturday

08:50-09:35	🚴 Spin	Rebecca
09:40-10:25	🏋️ Body Pump	Eleanor
09:40-10:25	🚴 Spin	Larry

10:30-11:30	🧘 Pilates	Tracy
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Sunday

09:15-10:00	🚴 Spin	Neil
09:45-10:30	🕺 Zumba	Dimitra
10:35-11:35	🧘 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.



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