

EDEN HALL

# Exercise Class Timetable

23.2.26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 Members Hybrid <i>Rose</i>	8:00 - 8:45 Members Pilates <i>Jess</i>	8:00 - 8:45 Members Core & Mobility Fusion <i>Jess</i>	Members	Members	8:45 - 09:30 Members Yoga <i>Niki</i>	8:45 - 09:30 Members L.B.T. <i>Jess</i>
09:00 - 09:45 Ride <i>Rose</i>	09:00 - 09:45 Kettlebells <i>Jess</i>	09:00 - 09:45 Step <i>Jess</i>	09:00 - 09:45 Core Sculpt <i>Niki</i>	09:00 - 09:45 Core Sculpt <i>Niki</i>	9:45 - 10:30 Hard CORE <i>Rose</i>	9:45 - 10:30 Glow Groove <i>Jess</i>
10:00 - 10:45 Yoga <i>Niki</i>	10:00 - 10:45 Ride <i>Jess</i>	10:00 - 10:45 Pilates <i>Jess</i>	10:00 - 10:45 Creative Flow <i>Niki</i>	10:00 - 10:45 Hiit Yoga <i>Niki</i>	10:45 - 11:30 Pilates <i>Cathy</i>	10:45 - 11:30 Yin Yoga <i>Fiona</i>
11:00 - 11:45 Kettlebells <i>Rose</i>	11:00 - 11:45 <i>Pump Fit</i> <i>Jess</i>	11:00 - 11:45 Lift <i>Rose</i>	11:00 - 11:45 Yoga <i>Niki</i>	11:00 - 11:45 Creative Flow <i>Niki</i>	11:45 - 12:30 Yoga <i>Cathy</i>	11:45 - 12:30 Sound Healing <i>Fiona (Slumber lounge)</i>
		12:00 - 12:45 Kettlebells <i>Rose</i>	12:00 - 12:45 Restorative Yoga <i>Niki</i>	12:00 - 12:45 Yin Yoga <i>Fiona</i>	12:45 - 13:30 Lift <i>Rose</i>	11:45 - 12:30 Ballet Tone <i>Jess (Studio)</i>
13:00 - 13:45 <i>Pump Fit</i> <i>Rose</i>		13:00 - 13:45 <i>Pump Fit</i> <i>Rose</i>	13:00 - 13:45 <i>Pump Fit</i> <i>Rose</i>	13:00 - 13:45 Sound Healing <i>Fiona (Slumber lounge)</i>	13:45 - 14:30 <i>Hoop</i> <i>Rose</i>	
14:00 - 14:15 Aufguss Sauna Ritual <i>Jess</i>		14:00 - 14:15 Aufguss Sauna Ritual <i>Jess</i>	14:00 - 14:15 Aufguss Sauna Ritual <i>Dawn</i>	14:00 - 14:15 Aufguss Sauna Ritual <i>Dawn</i>	14:00 - 14:15 Aufguss Sauna Ritual <i>Dawn</i>	14:00 - 14:15 Aufguss Sauna Ritual <i>Jess</i>
15:00 - 15:30 Meditation <i>Jess</i>	15:00 - 15:30 Meditation <i>Louise</i>	15:00 - 15:30 Meditation <i>Jess</i>	15:00 - 15:30 Meditation <i>Rose</i>	15:00 - 15:30 Meditation <i>Cathy</i>	15:00 - 15:30 Meditation <i>Rose</i>	15:00 - 15:30 Meditation <i>Jess</i>
16:00 - 16:45 Hybrid <i>Jess</i>	16:00 - 16:45 Yoga <i>Louise</i>	16:00 - 16:45 Creative Flow <i>Louise</i>		16:00 - 16:45 Pilates <i>Cathy</i>	16:00 - 16:45 Kettlebells <i>Rose</i>	16:00 - 16:45 Pilates <i>Jess</i>
17:00 - 17:45 Ballet Tone <i>Jess</i>	17:00 - 17:45 Mindful Movement <i>Louise</i>	17:00 - 17:45 Mindful Movement <i>Louise</i>	17:00 - 17:45 Lift <i>Rose</i>			
18:00 - 18:45 Members Step <i>Jess</i>	18:00 - 18:45 Members Lift <i>Rose</i>	18:00 - 18:45 Members <i>Hoop</i> <i>Rose</i>	18:00 - 18:45 Members Ride <i>Rose</i>	Members	18:30 - 20:30 Members <i>Candleit Yoga</i> <i>Niki</i>	Members

\*To book, please visit the Membership desk or the Wellness Suite Reception.

Please ensure you arrive at least 10 minutes before the class start time.

All classes are appropriate for all levels. These classes have been carefully designed to help you level up your fitness, improve your strength and revive your spirit! In the event of unforeseen circumstances, classes may be cancelled or changed without prior notice.



SCAN TO SEE...

Health and safety information and for what's on at Eden today!

# Find out more about our classes

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- Please read the Health & Safety information provided before use.
  - Please ensure you arrive at least 10 minutes before the class start time, setting up any equipment that may be needed. If there is a reserve list on the class, admittance with 3 minutes to go on the class start time will not be permitted. Late entries to classes will also not be permitted due to Health and Safety reasons.
  - Cleaning materials will be provided at the beginning and end of each class for you to clean your equipment.
  - Any classes or exercise activity undertaken at Eden Hall Day Spa is done at your own risk. No liability or responsibility will be taken for any injuries or other occurrences that happen during your session.
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## **PUMP FIT**

PUMP FIT is a 45-minute barbell session focused on shaping, toning and building everyday strength, all performed to the beat of motivating music. Light to moderate weights combined with higher reps create a challenging but achievable workout for all levels, with every track designed to keep you moving in rhythm and feeling energised. Our instructors coach you through each exercise with clear technique tips so you can train safely and confidently. Leave feeling pumped, powerful and stronger from head to toe.

## **HYBRID**

A dynamic full-body workout that blends strength and cardio for the perfect all-round session. HYBRID combines functional resistance exercises with heart-raising movements to build muscle, improve fitness and boost endurance. Expect varied training styles, energising music and plenty of options so you can work at your own level. Designed to make you stronger, fitter and more resilient in one powerful class. All levels welcome.

## **LIFT**

A strength-focused class using barbells and dumbbells to tone, sculpt and strengthen your entire body. LIFT is built around learning solid lifting techniques, helping you move with confidence while developing real, functional strength. Each session focuses on controlled movements, progressive loading and safe form so you can build muscle, improve posture and learn how to lift heavier the right way. Suitable for all levels, whether you are brand new to weights or looking to take your training further.

## **PILATES**

A focused, floor-based workout designed to strengthen your body and calm your mind. Using controlled bodyweight exercises, this class improves core strength, posture, flexibility and overall endurance while enhancing mind-body connection. Each movement is performed with precision and breath control to help develop balance, stability and alignment. Suitable for all levels, PILATES leaves you feeling longer, stronger and more centred.

## **KETTLEBELLS**

A dynamic strength and conditioning class using kettlebells to build power, endurance and full-body strength. This workout combines functional movements such as swings, squats, presses and pulls to challenge multiple muscle groups at once while raising your heart rate. With a focus on technique and control, you will develop stability, coordination and everyday strength in a supportive, motivating environment. Suitable for all levels with options to progress at your own pace.

## **BALLET TONE**

A ballet and Pilates-inspired barre class that delivers a graceful yet challenging full-body workout. BALLET TONE focuses on improving strength, mobility and posture through controlled, low-impact movements. Designed to enhance coordination and balance, this class helps create longer, leaner muscles while

building core stability and flexibility. Suitable for all levels, it is the perfect blend of elegance, control and effective conditioning.

## **LBT**

A targeted lower body and core workout designed to shape, tone and sculpt. LBT focuses on strengthening legs, glutes and abdominals while improving core stability and overall endurance. Using a mix of bodyweight and resistance exercises, this class helps build lean muscle, support posture and boost everyday strength. Suitable for all levels, with options to work at your own pace and feel the burn in all the right places.

## **HOOP**

A fun and energetic workout using weighted hula hoops to tone the body and boost fitness. HOOP combines rhythmic movement with core-focused exercises to help improve coordination, balance and cardiovascular endurance. This low-impact class is great for strengthening the waist, hips and glutes while burning calories and lifting your mood. Suitable for all levels, no experience needed, just be ready to move, laugh and feel the burn.

## **YOGA**

Energise and revitalise as mind and body work together. Balance calm, strength, and flexibility as you slow down the pace.

## **MINDFUL MOVEMENT**

Calm your mind, strengthen your immune system, and balance your nervous system. Practice conscious relaxation through gentle stretching, breath work, and meditation. Suitable for all levels.

## **FLOW YOGA**

This class includes linked poses, breath work, embodied movement, and meditation. Suitable for all levels.

## **STEP**

A high-energy cardio workout using a raised platform to boost fitness, coordination and endurance. STEP combines simple yet dynamic stepping patterns with upper body movements to torch calories and tone muscles. Perfect for all levels, this class challenges your rhythm, balance and stamina while keeping the fun factor high. Get ready to sweat, step up and feel the burn!

## **GLOW GROOVE**

A vibrant, feel-good dance fitness class set to upbeat music and dazzling lights. GLOW GROOVE blends easy-to-follow choreography with rhythmic moves to improve coordination, cardio fitness and mood. Suitable for all levels, this class invites you to let loose, have fun and glow from the inside out. No dance experience needed — just bring your energy and shine!

## **MEDITATION**

Allow your mind and body to truly relax. Release stress as you slow down, leaving you feeling calmer and more focused.

## EDEN HALL

# Wellness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>	11:30 - 12:00 ELEMIS Skincare workshop* <i>(Spa Boutique)</i>
13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>	13:30 - 14:00 VOYA Sleep Sessions <i>Reflect &amp; Relax Room</i>
15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>	15:30 - 16:00 Grown Alchemist Skincare workshop* <i>(Spa Boutique)</i>
16.15-17.00 Mii Make Up Masterclass* <i>(Spa Boutique)</i>	16.15-17.00 Mii Make Up Masterclass* <i>(Spa Boutique)</i>	16.15-17.00 Mii Make Up Masterclass* <i>(Spa Boutique)</i>	16.15-17.00 Mii Make Up Masterclass* <i>(Spa Boutique)</i>	16.15-17.00 Mii Make Up Masterclass* <i>(Spa Boutique)</i>		

### ELEMIS SKIN SECRETS WORKSHOP

Join our ELEMIS Skin Experts for the perfect introduction to ELEMIS. Whether you're looking to recharge, resurface or rejuvenate, this customised interactive experience provides you with the perfect routine for healthy-looking, glowing skin.

### MII MAKEUP MASTERCLASS

Join our makeup artists for a fun, hands-on session covering flawless foundation, priming and setting, sculpting and defining, eye techniques, and how to take your look from day to night.

### GROWN ALCHEMIST SKINCARE WORKSHOP

Join our team of experts to discover the plant powered, science boosted skincare that truly works. By harnessing the power of nature's most potent plants, and enhancing them with cutting edge bio-technology, we unlock skins true potential.

SCAN TO SEE...



Health and safety information and for what's on at Eden today!

\*To book, please visit the Spa Boutique.