

The Edge Class Timetable

Mondays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
07:00 - 07:45	Body Pump	Studio 2	Kevin
08:00-08:30	Les Mills Sprint	Studio 3	Virtual Instructor
08:00 - 08:45	Pilates	Studio 2	Christie
10:00-10:45	Les Mills Core	Studio 1	Virtual Instructor
11:00-11:30	Les Mills Sprint	Studio 3	Virtual Instructor
12:15 -13:00	Pilates	Studio 1	Naomi
12:15 – 13:15	Body Pump	Studio 2	Louise
12:30 – 13:15	Cycle Beats	Studio 3	Krysia
12:30-13:00	Gym Floor Abs Class	Gym Floor	Gym Team
13:00-14:00	Swimfit	Swimming Pool	Swim Team
13:25-14:00	Body Balance	Studio 1	Louise
13:20 – 14:05	Hiit	Studio 2	Krysia
13:30-14:15	Les Mills RPM	Studio 3	Virtual Instructor
14:45-15:30	Pilates and Equipment	Studio 1	Claire
16:00-16:45	Body Attack	Studio 2	Mo
16:55-17:55	Body Jam	Studio 2	Pablo
16:30-17:15	Grit Cardio	Studio 1	Louise
16:55 – 17:55	Body Jam	Studio 2	Pablo
17:15 – 18:00	Cycle Power	Studio 3	Liz
17:15 – 18:00	Aqua	Swimming Pool	Krysia
17:30-18:10	Gym Floor Team Beats Hiit	Gym Floor	Gym Team
17:40-18:40	Vinyasa Yoga	Studio 1	Adriana
18:00 – 19:00	Body Pump	Studio 2	Bogdan
19:10 – 20:10	Body Combat	Studio 2	Bogdan
19:15-20:00	Les Mills RPM	Studio 3	Virtual Instructor

Tuesdays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
07:00 – 08:00	Body Pump	Studio 2	Chloe
07:30 – 08:15	Cycle Beats	Studio 3	Charlotte
08:20-08:50	Stretch	Gym Floor	Charlotte
09:00-09:45	Les Mills Body Pump	Studio 1	Virtual Instructor
10:00-11:00	Hatha Yoga	Studio 2	Gerry
11:00-12:00	Disco Yoga	Studio 1	Rebecca
11:15-12:00	Les Mills RPM	Studio 3	Virtual Instructor
11:30 – 12:25	LBT & Abs	Studio 2	Emad
12:00-13:00	Ballet Fusion	Studio 1	Rebecca
12:15-12:45	Beginner Cycle Beats	Studio 3	Patrick
12:35-13:35	Body Combat	Studio 2	Kevin
13:10-14:00	Pilates	Studio 1	Sandra
13:45-14:30	Hula Hoop	Studio 2	Vene
15:00-16:00	Les Mills Body Pump	Studio 1	Virtual Instructor
16:00-16:30	Les Mills Sprint	Studio 3	Virtual Instructor
16:00-16:45	LBT	Studio 2	Claire
16:15-17:15	Beginner Boxercise	Studio 2	Andy
16:55 – 17:40	Hatha Yoga	Studio 1	Claire
17:00 – 17:45	Cycle Power	Studio 3	Lucy
17:15-17:55	Gym Floor Team Beats Hiit	Gym Floor	Gym Team
17:30 – 18:30	Body Pump	Studio 2	Jack
17:45 – 18:30	Pilates	Studio 1	Claire
18:30-19:15	Cycle Beats	Studio 3	Natalie
18:35-19:50	Iyengar Yoga	Studio 1	Simon
18:40 – 19:40	Zumba	Studio 2	Jemma
20:00-20:45	Les Mills Grit Cardio	Studio 1	Virtual Instructor

Wednesdays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
07:30-08:15	Cycle Beats	Studio 3	Liz
08:15 – 09:15	Ashtanga Yoga	Studio 2	Amy
10:00-10:45	Les Mills RPM Cycle	Studio 3	Virtual Instructor
11:15-12:00	Les Mills Body Pump	Studio 1	Virtual Instructor
12:00-13:00	Hiit & Weights	Studio 2	Lucy
12:15 – 13:00	Cycle Power	Studio 3	Michelle
12:15-13:00	Pilates and Equipment	Studio 1	Claire
13:10-14:10	Body Pump	Studio 2	Mo
13:10-13:55	Pilates	Studio 1	Claire
14:00-14:45	LBT	Studio 1	Claire
14:00-14:45	Cycle Beats	Studio 2	Patrick
14:15-14:50	Grit Athletic	Studio 2	Mo
15:00-16:00	Yin Yoga	Studio 1	Gerry
15:15-16:00	Les Mills The Trip	Studio 3	Virtual Instructor
16:15-17:00	Les Mills Core	Studio 1	Virtual Instructor
16:30-17:15	Step	Studio 2	Ero
16:45-17:25	Gym Floor Team Beats Hiit	Gym Floor	Gym Team
17:45 – 18:30	Cycle Power	Studio 3	Liz
17:30- 18:30	Body Jam	Studio 2	Pablo
18:20-19:20	Relax & Stretch	Studio 1	Charlotte
18:45 – 19:45	Zumba	Studio 2	Jemma
19:00-19:45	Les Mills RPM Cycle	Studio 3	Virtual Instructor

Thursdays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
07:15 – 08:00	Pilates	Studio 1	Christie
07:45-08:25	Gym Floor Team Beats Hiit	Gym Floor	Gym Team
08:15-09:00	Barre	Studio 1	Pablo
09:00-10:00	Les Mills Body Balance	Studio 1	Virtual Instructor
09:45-10:45	Vinyasa Yoga	Studio 2	Adriana
11:00-11:30	Les Mills Sprint	Studio 3	Virtual Instructor
12:00 – 13:00	Body Combat	Studio 2	Kevin
12:00 – 13:00	Swim Fit	Swimming Pool	Jake
12:00-12:45	Les Mills RPM Cycle	Studio 3	Virtual Instructor
12:15-13:15	Hatha Yoga	Studio 1	Gerry
13:00-13:45	Cycle Beats	Studio 3	Molly
13:10 – 14:10	Body Pump	Studio 2	Mo
15:00-15:45	Les Mills The Trip	Studio 3	Virtual Instructor
16:15-17:15	Boxercise	Studio 2	Gina
16:45-17:30	Pilates on the Ball	Studio 1	Claire
17:15 – 18:00	Cycle Power	Studio 3	Patrick
17:15 -18:15	Body Pump	Studio 2	Bogdan
17:30 – 18:30	Body Jam	Sports Hall 2	Pablo
17:35-18:20	Hatha Yoga	Studio 1	Claire
18:20-19:05	Pilates	Studio 1	Claire
18:20-19:05	Zumba	Studio 2	Jemma
19:05-20:05	Vinyasa Yoga	Studio 1	Adriana
19:15-20:15	Hula Hoop	Studio 2	Karen

Fridays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
07:30 – 08:15	Barre	Studio 1	Pablo
08:15-09:15	Beginner Vinyasa Yoga	Studio 1	Adriana
07:30-08:15	Cycle Beats	Studio 3	Lucy
09:30-10:15	Les Mills Core	Studio 1	Virtual Instructor
10:00 – 10:45	LBT	Studio 2	Lucy
10:30-11:15	Les Mills RPM Cycle	Studio 3	Virtual Instructor
11:15-12:00	Resistance and Core	Studio 2	Lucy
11:30-12:15	Aqua	Swimming Pool	Krysia
12:00– 12:30	Sh'Bam	Studio 2	Pablo
12:20-13:05	Cycle Power	Studio 3	Krysia
12:30-13:00	Body Jam	Studio 2	Pablo
12:30 – 13:30	Relax & Stretch	Studio 1	Charlotte
13:15 – 14:00	Legs, Bums, Tums	Studio 2	Krysia
14:15-15:15	Body Balance	Studio 1	Mo
15:15-16:00	Les Mills Body Pump	Studio 1	Virtual Instructor
16:00 – 16:45	Pilates on the Ball	Studio 1	Claire
16:30 – 17:30	Zumba	Studio 2	Emma
17:00-17:45	Cycle Beats	Studio 3	Louise
17:00 – 18:00	Pilates	Studio 1	Claire
18:00-18:45	Yoga for Meditation	Studio 1	Claire

Saturdays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
09:00-10:00	Meditate with Yoga	Studio 1	Adriana
10:15 – 11:15	Body Attack	Studio 2	Chloe
10:15 – 11:15	Vinyasa Yoga	Studio 1	Adriana
11:30 – 12:30	Body Pump	Studio 2	Chloe
12:00 -12:45	Cycle Beats	Studio 3	Liz
12:45-13:45	Zumba	Studio 2	Katterin

Sundays (2 October to 17 December 2023)

Time	Exercise Class	Location	Instructor
09:00-10:00	Body Balance	Studio 1	Bogdan
10:00 -11:00	Body Pump	Studio 2	Kevin
11:15 – 12:15	Body Combat	Studio 2	Kevin
12:00 – 12:45	Cycle Power	Studio 3	Liz