

The Edge Class Timetable

Mondays (22 April to 12 May 2024)

Time	Exercise Class	Location	Instructor
07:00-08:00	Body Pump	Studio 2	Kevin
08:00-08:45	Pilates	Studio 2	Christie
08:00-08:30	Les Mills Sprint	Studio 3	Virtual Instructor
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	Gym Floor	Gym Team
13:00-14:00	Swim Fit	Swimming Pool	Swim Team
13:20 –14:05	Hiit	Studio 2	Krysia
13:25-14:10	Body Balance	Studio 1	Louise
13:30 –14:15	Les Mills RPM	Studio 3	Virtual Instructor
14:45-15:30	Roller Pilates	Studio 1	Claire
16:00-16:45	Body Attack	Studio 2	Mo
16:50-17:20	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
17:15-17:55	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
19:15-20:00	Les Mills RPM	Studio 3	Virtual Instructor

Tuesdays (22 April to 12 May 2024)

Time	Exercise Class	Location	Instructor
07:00 –08:00	Vinyasa Yoga	Studio 2	Angelina
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
11:15-12:00	Les Mills RPM	Studio 3	Virtual Instructor
11:00-12:00	Disco Yoga	Studio 1	Rebecca
11:30 –12:25	Hiit & 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
13:05-13:55	Pilates	Studio 1	Christie
13:55-14:55	Step	Studio 2	Christie
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 1	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
17:00-17:45	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
18:35-19:50	Iyengar Yoga	Studio 1	Simon
18:40 –19:40	Zumba	Studio 2	Jemma
19:55-20:40	Les Mills Grit Cardio	Studio 1	Virtual Instructor

Wednesdays (22 April to 12 May 2024)

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	Studio 3	Virtual Instructor
11:15-12:00	Les Mills Body Pump	Studio 1	Virtual Instructor
12:00-13:00	LBT	Studio 2	Abi
12:15-13:00	Cycle Power	Studio 3	Michelle
12:15-13:00	Roller Pilates	Studio 1	Claire
13:10-14:10	Body Pump	Studio 2	Mo
13:10-13:55	Hatha Yoga	Studio 1	Claire
14:00-14:45	Pilates	Studio 1	Claire
14:00-14:45	Cycle Beats	Studio 3	Patrick
14:15-14:50	Grit Athletic	Studio 2	Mo
14:55-15:55	Yin Yoga	Studio 1	Amy
15:00-16:00	Kickboxing	Studio 2	Andy
15:15-16:45	Les Mills Sprint	Studio 3	Virtual Instructor
16:00-17:00	Relax and Stretch	Studio 1	Charlotte
16:15-17:00	Les Mills Core	Studio 1	Virtual Instructor
16:30 –17:30	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
18:05-18:50	Zumba	Studio 2	Jemma
18:50-19:50	Body Jam	Studio 2	Pablo
19:00 -10:45	Les Mills RPM Cycle	Studio 3	Virtual Instructor

Thursdays (22 April to 12 May 2024)

Time	Exercise Class	Location	Instructor
07:00 –07:45	Pilates	Studio 1	Christie
07:15-08:00	Cycle Beats	Studio 3	Aimee
07:45-08:25	Gym Floor Team Beats	Gym Floor	Gym Team
08:15-09:00	Les Mills Shapes	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	Swimfit	Swimming Pool	Swim Team
12:15-13:15	Hatha Yoga	Studio 1	Gerry
13:00-13:45	Cycle Beat	Studio 3	Molly
13:10 –14:10	Body Pump	Studio 2	Mo
13:30-14:15	Les Mills Core	Studio 1	Virtual Instructor
15:00-15:45	Les Mills RPM Cycle	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
17:35-18:20	Hatha Yoga	Studio 1	Claire
18:20-19:20	Zumba	Studio 2	Jemma
18:20-19:05	Pilates	Studio 1	Claire
19:05 –20:05	Vinyasa Yoga	Studio 1	Adriana
19:25-20:25	Hula Hoop	Studio 2	Karen

Fridays (22 April to 12 May 2024)

Time	Exercise Class	Location	Instructor
07:30-08:15	Les Mills Shapes	Studio 1	Pablo
07:30-08:15	Cycle Beats	Studio 3	Lucy
08:15-09:15	Beginner Vinyasa Yoga	Studio 1	Adriana
09:30-10:15	Les Mills Core	Studio 1	Virtual Instructor
10:00-11:00	Total Body Conditioning	Studio 2	Kryisia
10:30-11:15	Les Mills RPM Cycle	Studio 3	Virtual Instructor
11:30-12:15	Aqua	Swimming Pool	Kryisia
12:00 –13:00	Les Mills Dance	Studio 2	Pablo
12:20 –13:05	Cycle Power	Studio 3	Kryisia
12:30-13:30	Relax & Stretch	Studio 1	Charlotte
13:15-14:00	LBT	Studio 2	Kryisia
14:00-15:00	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 (22 April to 12 May 2024)

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

Sundays (22 April to 12 May 2024)

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
12:30-13:30	Bootcamp	Studio 2	Abi

Monday 6 May (Bank Holiday)

Time	Exercise Class	Location	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	Kryisia
13:20 –14:05	Hiit	Studio 2	Kryisia
13:25-14:10	Body Balance	Studio 1	Louise