

The Edge Class Timetable

Mondays (13 May to 19 May 2024)

Time	Exercise Class	Location	Instructor
07:00-08:00	Body Pump	Studio 2	Kevin
08:00-08:30	Les Mills Sprint	Studio 3	Virtual Instructor
08:00-08:45	Pilates	Studio 2	Christie
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
17:10-18:10	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
18:15-19:15	Body Pump	Studio 2	Bogdan
19:20-20:05	Body Combat	Studio 2	Bogdan
19:15-20:00	Les Mills RPM	Studio 3	Virtual Instructor

Tuesdays (13 May to 19 May 2024)

Time	Exercise Class	Location	Instructor
08:20-08:50	Stretch	Gym Floor	Charlotte
12:00-13:00	Ballet Fusion	Studio 1	Rebecca
12:15-12:45	Beginner Cycle Beats	Studio 3	Patrick
13:15-14:00	Pilates	Studio 1	Christie
17:10-17:55	Hatha Yoga	Studio 1	Claire
17:05-18:00	Cycle Power	Studio 3	Lucy
17:15-18:00	Gym Floor Team Beats Hiit	Gym Floor	Gym Team
17:30-18:30	Body Pump	Studio 2	Jack
17:55-18:40	Pilates	Studio 1	Claire
18:15-19:00	Les Mills RPM	Studio 3	Virtual Instructor
18:45-20:00	Iyengar Yoga	Studio 1	Simon
18:40-19:40	Zumba	Studio 2	Jemma
20:15-20:45	Les Mills Grit Cardio	Studio 1	Virtual Instructor

Wednesdays (13 May to 19 May 2024)

Time	Exercise Class	Location	Instructor
12:15-13:00	Roller Pilates	Studio 1	Claire
13:10-13:55	Hatha Yoga	Studio 1	Claire
16:00-17:00	Relax and Stretch	Studio 1	Charlotte
17:15-17:45	Step	Studio 2	Ero
17:15-17:55	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
19:00-19:45	Les Mills RPM Cycle	Studio 3	Virtual Instructor

Thursdays (13 May to 19 May 2024)

Time	Exercise Class	Location	Instructor
07:00 –07:45	Pilates	Studio 1	Christie
07:15-08:00	Cycle Beats	Studio 3	Aimee
08:00-08:45	Shapes	Studio 1	Pablo
12:00 –13:00	Swim Fit	Swimming Pool	Swim Team
12:15-13:15	Hatha Yoga	Studio 1	Gerry
13:00-13:45	Cycle Beats	Studio 3	Molly
13:00 –13:50	Body Pump	Studio 2	Mo
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
18:20-19:05	Pilates	Studio 1	Claire
18:20-19:20	Zumba	Studio 2	Jemma
19:05-20:05	Vinyasa Yoga	Studio 1	Adriana
19:25-20:25	Hula Hoop	Studio 2	Karen

Fridays (13 May to 19 May 2024)

Time	Exercise Class	Location	Instructor
07:30 –08:15	Shapes	Studio 1	Pablo
07:30-08:15	Cycle Beats	Studio 3	Lucy
07:45-08:45	Beginner Vinyasa Yoga	Studio 2	Adriana
11:30-12:15	Aqua	Swimming Pool	Krysia
12:15– 13:15	Les Mills Dance	Studio 2	Pablo
12:20-13:05	Cycle Power	Studio 3	Krysia
12:30 –13:30	Relax & Stretch	Studio 1	Angelina
13:20 –14:05	Legs, Bums, Tums	Studio 2	Krysia
16:15 –17:00	Pilates on the Ball	Studio 1	Claire
17:10-18:10	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 (13 May to 19 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 (13 May to 19 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