

The Edge Class Timetable

Monday (27th May – Bank Holiday)

Time	Exercise Class	Location	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

Tuesday (28th May)

Time	Exercise Class	Location	Instructor
12:00-13:00	PoundFit	Studio 1	Angelina
12:15-12:45	Beginner Cycle Beats	Studio 3	Patrick
12:35-13:35	Body Combat	Studio 2	Kevin
13:15-14:00	Pilates	Studio 1	Christie