The Edge Class Timetable

# **Mondays (30 Sept to 15 Dec 2024)**

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 6.55am-7.55am | BODYPUMP | Studio 2 | Kevin |
| 7.30am-8.15am | Cycle Beats | Spin Studio | Charlotte |
| 8.00am-8.45am | Pilates | Studio 2 | Christie |
| 10:00am-10.30am | LES MILLS CORE (Virtual) | Studio 1 | Virtual Instructor |
| 11.00am-11.30am | Gym Floor Abs Class | Gym Floor | Fitness Team |
| 12.15pm-1.00pm | Pilates | Studio 1 | Naomi |
| 12.15pm-12.45pm | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 12.15pm-12.45pm | GRIT CARDIO | Studio 2 | Louise |
| 12.30pm-1.15pm | Cycle Beats | Spin Studio | Krysia |
| 12.50pm-1.20pm | Stretch and Flexibility | Studio 2 | Louise |
| 1.00pm-2.00pm | Swimfit | Pool | Swim Team |
| 1.30pm-2.15pm | HIIT | Studio 2 | Krysia |
| 1.30pm-2.15pm | BODY BALANCE | Studio 1 | Louise |
| 2.30pm-3.15pm | Roller Pilates | Studio 1 | Claire |
| 4.00pm-5.00pm | Zumba | Studio 1 | Emma |
| 4.00pm-4.45pm | BODY ATTACK | Studio 2 | Mo |
| 5.10pm-6.10pm | BODY JAM | Studio 2 | Pablo |
| 5.10pm-5.40pm | GRIT CARDIO | Studio 1 | Louise |
| 5.15pm-6.00pm | Cycle Power | Spin Studio | Liz |
| 5.15pm-6.00pm | LES MILLS DANCE | Studio 4 | Betty |
| 5.15pm-5.45pm | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 5.15pm-6.00pm | Aqua | Pool | Krysia |
| 6.00pm-7.00pm | Vinyasa Yoga | Studio 1 | Adriana |
| 6.15pm-7.15pm | BODY PUMP | Studio 2 | Bogdan |
| 7.15pm-8.15pm | BODY COMBAT | Studio 2 | Bogdan |
| 7.15pm-8.00pm | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |

# **Tuesdays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.00am-8.00am | Vinyasa Yoga | Studio 2 | Angelina |
| 7.30am-8.15am | Cycle Beats | Spin Studio | Aimee |
| 7.30am-8.15am | Zumba | Studio 1 | Jemma |
| 9.30am-10.30am | Hatha Yoga | Studio 2 | Angelina |
| 11.00am-12.00pm | Disco Yoga | Studio 1 | Rebecca |
| 12.00pm-1.00pm | Ballet Fusion | Studio 1 | Rebecca |
| 12.15pm-12.45pm | Beginner Spin | Spin Studio | Paddy |
| 12.20pm-1.20pm | BODY COMBAT | Studio 2 | Kevin |
| 1.10pm-1.55pm | Pilates | Studio 1 | Christie |
| 3.00pm-4.00pm | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 4.00pm-4.45pm | LBT | Studio 1 | Claire |
| 4.15pm-5.15pm | Beginner Boxercise | Studio 2 | Andy |
| 4.55pm-5.40pm | Hatha Yoga | Studio 1 | Claire |
| 5.00pm-5.45pm | Cycle Power | Spin Studio | Lucy |
| 5.30pm-6.00pm | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 5.30pm-6.30pm | BODY PUMP | Studio 2 | Jack |
| 5.45pm-6.30pm | Pilates | Studio 1 | Claire |
| 6.40pm-7.40pm | Zumba | Studio 2 | Jemma |
| 6.35pm-7.50pm | Iyengar Yoga | Studio 1 | Simon |
| 7.15pm-8.00pm | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |
| 8.15pm-8.45pm | GRIT ATHLETIC (Virtual) | Studio 1 | Virtual Instructor |

# **Wednesdays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.30am-8.30am | Vinyasa Yoga | Studio 1 | Adriana |
| 7.30am-8.15am | Cycle Beats | Spin Studio | Liz |
| 7.45am-8.45am | Ashtanga Yoga | Studio 2 | Amy |
| 7.30am-8.00am | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 10.00am-10.45am | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |
| 11.15am-12.00pm | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 12.15pm-1.00pm | Cycle Power | Spin Studio | Michelle |
| 12:15pm-1.00pm | Roller Pilates | Studio 1 | Claire |
| 1.10pm-2.10pm | BODY PUMP | Studio 2 | Mo |
| 1.10pm-1.55pm | Hatha Yoga | Studio 1 | Claire |
| 2.00pm-2.30pm | LES MILLS SPRINT (Virtual) | Spin Studio | Virtual Instructor |
| 2.00pm-2.45pm | Pilates | Studio 1 | Claire |
| 2.15pm-3.00pm | FUNCTIONAL STRENGTH | Studio 2 | Mo |
| 3.00pm-4.00pm | Yin Yoga | Studio 1 | Amy |
| 3.15pm-4.15pm | Kickboxing | Studio 2 | Andy |
| 4.00pm-5.00pm | Relax and Stretch | Studio 1 | Charlotte |
| 4.30pm-5.30pm | Step | Studio 2 | Ero |
| 4.45pm-5.15pm | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 5.15pm-6.00pm | Pilates | Studio 1 | Sandy |
| 5.45pm-6.30pm | Cycle Power | Spin Studio | Liz |
| 6.00pm-6.45pm | Zumba | Studio 2 | Jemma |
| 6.50pm-7.50pm | BODY JAM | Studio 2 | Pablo |
| 7.15pm-8.00pm | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |

# **Thursdays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.00am-7.45am | Pilates | Studio 1 | Christie |
| 7.30am-8.15am | Cycle Beats | Spin Studio | Aimee |
| 7.30am-8.30am | Power Yoga | Sab | Power Yoga |
| 7.45am-8.30am | LES MILLS SHAPES | Studio 1 | Pablo |
| 9.00am-10.00am | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 12.00pm-1.00pm | Swimfit | Pool | Swim Team |
| 12.15pm-1.15pm | BODY COMBAT | Studio 2 | Kevin |
| 12.15pm-1.15pm | Vinyasa Yoga | Studio 1 | Sandy |
| 1.00pm-1.45pm | Cycle Beats | Spin Studio | Molly |
| 1.30pm-2.00pm | LES MILLS CORE (Virtual) | Studio 1 | Virtual Instructor |
| 1.30pm-2.15pm | FUNCTIONAL STRENGTH | Studio 2 | Mo |
| 3.00pm-3.30pm | LES MILLS SPRINT (Virtual) | Spin Studio | Virtual Instructor |
| 4.15pm-5.15pm | Boxercise | Studio 2 | Gina |
| 4.45pm-5.30pm | Pilates on the ball | Studio 1 | Claire |
| 5.15pm-6.00pm | Cycle Power | Spin Studio | Patrick |
| 5.15pm-6.15pm | BODY PUMP | Studio 2 | Bogdan |
| 5.30pm-6.30pm | BODY JAM | Sports Hall | Pablo |
| 5.35pm-6.20pm | Hatha Yoga | Studio 1 | Claire |
| 6.20pm-7.05pm | Pilates | Studio 1 | Pilates |
| 6.25pm-7.25pm | Zumba | Studio 2 | Jemma |
| 7.15pm-8.15pm | Yin Yoga | Studio 1 | Adriana |
| 7.30pm-8.30pm | Hula Hoop | Studio 2 | Karen |

# **Fridays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.30am-8.15am | LES MILLS SHAPES | Studio 1 | Betty |
| 7.30am-8.15am | Cycle Beats | Spin Studio | Lucy |
| 7.45am-8.45am | Yoga for Beginners | Studio 2 | Adriana |
| 9.00am-9.30am | GRIT CARDIO (Virtual) | Studio 1 | Virtual Instructor |
| 11:30am-12.15pm | Aqua | Pool | Swim Team |
| 12.05pm-12.40pm | FUNCTIONAL STRENGTH | Studio 2 | Pablo |
| 12.20pm-1.05pm | Cycle Power | Spin Studio | Krysia |
| 12.30pm-1.30pm | Reax and Stretch | Studio 1 | Angelina |
| 12.40pm-1.10pm | LES MILLS DANCE | Studio 2 | Pablo |
| 1.15pm-2.00pm | LBT | Studio 2 | Krysia |
| 2.15pm-3.15pm | BODY BALANCE | Studio 2 | Mo |
| 3.00pm-3.45pm | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 3.00pm-3.45pm | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |
| 4.00pm-4.45pm | Pilates on the ball | Studio 1 | Claire |
| 4.30pm-5.30pm | BODY COMBAT | Studio 2 | Olivia |
| 5.00pm-5.45pm | Cycle Beats | Spin Studio | Louise |
| 5.00pm-5.45pm | Pilates | Studio 1 | Claire |
| 6.00pm-6.45pm | Yoga for Meditation | Studio 1 | Claire |
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# **Saturdays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 9.00am-10.00am | Meditate with Yoga | Studio 1 | Adriana |
| 10.15am-11.15am | BODY ATTACK | Studio 2 | Naomi |
| 10.15am-11.15am | Vinyasa Yoga | Studio 1 | Adriana |
| 11.30am-12.30pm | BODY PUMP | Studio 2 | Naomi |
| 12.00pm-12.45pm | Cycle Beats | Spin Studio | Liz |
| 12.45pm-1.45pm | Zumba | Studio 2 | Katterin |
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# **Sundays (30 Sept to 15 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 9.00am-9.30am | LES MILLS CORE | Studio 1 | Bogdan |
| 9.30am-10.30am | BODY BALANCE | Studio 1 | Bogdan |
| 10.00am-11.00am | BODY PUMP | Studio 2 | Kevin |
| 11.15am-12.15am | BODY COMBAT | Studio 2 | Kevin |
| 11.15am-12.00am | Gym Floor Mobility Class | Gym Floor | Abhi |
| 12.00pm-12.45pm | Cycle Power | Spin Studio | Liz |
| 12.30pm-1.30pm | Bootcamp | Studio 2 | Abi |
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