The Edge Class Timetable

# **Mondays (23 Dec to 29 Dec 2024)**

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 11.00am-11.30am | Gym Floor Abs Class | Gym Floor | Fitness Team |
| 12.15pm-1.00pm | Pilates | Studio 2 | Naomi |
| 12.15pm-12.45pm | Gym Floor HIIT Class | Gym Floor | Fitness Team |
| 12.15pm-13.15pm | Stretch and Flexibility | Studio 2 | Louise |
| 12.30pm-1.15pm | Cycle Beats | Spin Studio | Krysia |
| 1.15pm-2.15pm | Zumba | Studio 2 | Emma |

# **Tuesdays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 8.00am-9.00am | Vinyasa Yoga | Studio 2 | Angelina |
| 12.15pm-12.45pm | Gym Floor Abs | Gym Floor | Fitness Team |
| 12.30pm-1.30pm | BODY COMBAT | Studio 2 | Kevin |

# **Wednesdays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |

# **Thursdays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |

# **Fridays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
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# **Saturdays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 9.00am-10.00am | Meditate with Yoga | Studio 1 | Adriana |
| 10.15am-11.15am | Vinyasa Yoga | Studio 1 | Adriana |
| 12.00pm-12.45pm | Cycle Beats | Spin Studio | Liz |
|  |  |  |  |

# **Sundays (23 Dec to 29 Dec 2024**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 11.15am-12.15am | BODY COMBAT | Studio 2 | Olivia |
| 12.00pm-12.45pm | Cycle Power | Spin Studio | Liz |
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