The Edge Class Timetable

# **Mondays (30 Dec 2024 to 5 Jan 2025)**

| **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 |
| 1.15pm-2.15pm | Zumba | Studio 2 | Emma |

# **Tuesdays (30 Dec 2024 to 5 Jan 2025**)

| **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 (30 Dec 2024 to 5 Jan 2025**)

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

# **Thursdays (30 Dec 2024 to 5 Jan 2025**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.45am-8.45am | Power Yoga | Studio 1 | Sab |
| 7.45am-8.30am | LES MILLS SHAPES | Studio 2 | Betty |
| 9.00am-10.00am | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 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 |
| 1.15pm-2.00pm | FUNCTIONAL STRENGTH | Studio 2 | Mo |
| 3.00pm-3.30pm | LES MILLS SPRINT (Virtual) | Spin Studio | Virtual Instructor |
| 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 |
| 5.35pm-6.20pm | Hatha Yoga | Studio 1 | Claire |
| 6.20pm-7.05pm | Pilates | Studio 1 | Claire |
| 6.30pm-7.30pm | Zumba | Studio 2 | Jemma |

# **Fridays (30 Dec 2024 to 5 Jan 2025**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 7.30am-8.15am | LES MILLS SHAPES | Studio 1 | Betty |
| 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 | Krysia |
| 12.20pm-1.05pm | Cycle Power | Spin Studio | Krysia |
| 12.30pm-1.30pm | Reax and Stretch | Studio 1 | Angelina |
| 3.00pm-3.45pm | BODY PUMP (Virtual) | Studio 1 | Virtual Instructor |
| 3.00pm-3.45pm | LES MILLS RPM (Virtual) | Spin Studio | Virtual Instructor |
| 4.15pm-5.00pm | Pilates on the ball | Studio 1 | Claire |
| 4.30pm-5.30pm | BODY COMBAT | Studio 2 | Olivia |
| 5.00pm-5.45pm | Cycle Beats | Spin Studio | Liz |
| 5.00pm-5.45pm | Pilates | Studio 1 | Claire |
| 6.00pm-6.45pm | Yoga for Meditation | Studio 1 | Claire |
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# **Saturdays (30 Dec 2024 to 5 Jan 2025**)

| **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 Dec 2024 to 5 Jan 2025**)

| **Time** | **Exercise Class** | **Location** | **Instructor** |
| --- | --- | --- | --- |
| 09.00am-09.30am | LES MILLS CORE | Studio 1 | Bogdan |
| 09.30am-10.30am | BODYBALANCE | Studio 1 | Bogdan |
| 11.15am-12.15am | BODY COMBAT | Studio 2 | Olivia |
| 12.00pm-12.45pm | Cycle Power | Spin Studio | Liz |
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