

Class Timetable

Give your fitness a new edge

Monday

Spin	7.10 - 7.50	Ian
Lean Lifting	12.10 - 12.50	Danny
Yoga	16.15 - 17.15	Helen
Boxfit	17.15 - 18.00	Jack
Spin	18.10 - 18.55	Trish
Circuits	19.00 - 20.00	Sam
Sculpt Pilates	19.10 - 19.55	Grace
Stretch & Relax	20.00 - 20.45	Grace

Tuesday

Yoga	7.10 - 7.50	Rachel
Metcon	12.10 - 12.50	Liv B
Lean Lifting	16.15 - 17.00	Jack
Spin	17.15 - 18.00	Mike
Legs Bums & Tums	18.10 - 19.10	Lorraine
Step	19.15 - 20.10	Lorraine
Zumba	20.15 - 21.00	Lyse

Wednesday

Lean Lifting	7.10 - 7.50	Gintaras
AM Aerobics	8.00 - 8.50	Andrea
Spin	12.10 - 12.50	Liv B
Metcon	16.15 - 17.00	Jack
Running Improvers*	17.15 - 18.15	Jenny
Spin	17.15 - 18.00	Mike
Konga	18.10 - 19.05	Lynn
Yoga	19.10 - 20.10	Stephen

Thursday

Spin	7.10 - 7.50	Ian
Pilates	12.10 - 12.50	Debbie
Yoga	16.15 - 17.00	Gintaras
Kettlefit	17.15 - 18.00	Mike
Spin	18.15 - 19.00	Mike
Pilates	19.10 - 20.10	Debbie
Dance & Tone	20.15 - 21.00	Claire S

Friday

Abs Core & More	7.10 - 7.50	PT's
AM Aerobics	8.00 - 8.50	Claire R
Yoga	12.10 - 12.50	Paula
Dance Fit	16.15 - 17.00	Jess
Lean Lifting	17.15 - 18.00	Sam
Circuits	18.00 - 19.00	Sam
Zumba	18.30 - 19.15	Rebekah

Saturday

Pilates	9.15 - 10.15	Debbie
Metcon	9.15 - 10.15	PT's
Spin	10.30 - 11.15	Trish

Sunday

Yoga	10.15 - 11.15	Stephen
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Edge Hill University 

*Running Club / Improvers are included in Active Plus Memberships.