# CLASS TIMETABLE Jan- Apr 2024

## MONDAY

SPIN	07:10 - 07:50	IAN	
LEAN LIFTING	12:10 - 12:50	DANNY	
YOGA	16:15 - 17:00	HELEN	
BOXFIT	17:15 - 18:00	TRISH	
*RUNNING CLUB	17:30 - 18:30	MARK	
SPIN	18:10 - 18:55	TRISH	
CIRCUITS	19:00 - 20:00	SAM	
TOTAL TONE	19:10 - 19:55	TRISH	
YOGA	20:00 - 20:45	TRISH	

## TUESDAY

YOGA	07:10 - 07:50	PAULA
METCON	12:10 - 12:50	LIV B
BODY BLAST	16:15 - 17:00	TRISH
SPIN	17:15 - 18:00	TRISH
LEGS BUMS & TUMS	18:10 - 19:10	LORRAINE
STEP	19:15 - 20:10	LORRAINE
ZUMBA	20:15 - 21:00	LYSE

## WEDNESDAY

LEAN LIFTING	07:10 - 07:50	TRISH
AM AEROBICS	08:00 - 08:50	ANDREA
SPIN	12:10 - 12:50	JOE
YOGA	14:00 - 15:00	VICKY
TOTAL TONE	16:15 - 17:00	ANDREA
*RUNNING IMPROVERS	17:15 - 18:15	JENNY
SPIN	17:15 - 18:00	MIKE
KONGA	18:25 - 19:25	LYNN
YOGA	19:30 - 20:30	STEPHEN

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#### THURSDAY

SPIN (PARTY)	07:10 - 07:50	TRISH
METCON	12:10-12:50	LUKE
ZUMBA	16:15 - 17:00	REBEKAH
KETTLEFIT	17:15 - 18:00	MIKE
SPIN	18:15 - 19:00	JOE
PILATES	19:15 - <u>20:15</u>	DEBBIE

#### FRIDAY

ABS CORE & MORE	07:10 - 07:50	TRISH
AM AEROBICS	08:00 - 08:50	CLARE
YOGA	12:10 - 12:50	PAULA
LEAN LIFTING	17:15 - 18:00	SAM
ZUMBA	18:30 - 19:15	REBEKAH
CIRCUITS	18:00 - 19:00	SAM

#### SATURDAY

PILATES Metcon Spin 09:15 - 10:15 09:15 - 10:15 10:30 - 11:15

DEBBIE

PT'S

MIKE

#### SUNDAY

YOGA

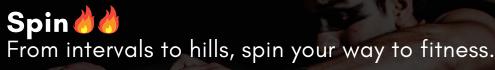
10:15-11:15 STEPHEN

\*RUNNING CLUB/IMPROVERS ARE INCLUDED IN ACTIVE PLUS MEMBERSHIPS

edge hill SPORT

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## CLASS INFORMATION From September 2023



Full Body, High–Intensity weights session.

**Yoga A** relaxing but challenging way to improve your flexibility and mobility.

High-intensity workout with gloves, pads and weights.

#### Running Club\* 🍐

Long steady-state and interval sessions to improve your performance.

## d d Circuits

Boxfit

Classic circuit training involving a mixture of highintensity and resistance training.

#### Total Tone 🤞

Body conditioning built to tone your body and improve fitness.

Full body , High-Intensity cardio session.

#### Legs Bums & Tums 🍎 🤞

Weights based lower body blast.

## 🖢 Zumba / Konga

AM Aerobics

Join the party with a fun dance based cardio session.

#### Metcon

Conditioning workouts designed to push your fitness to the limits.

Aerobic workouts that are built to be accessible to

Kettlefit 🍐 🍐 🍐 Kettlebell based fitness sessions, incorporating a mixture of cardio and resistance training.

## 🍐 Abs Core & More

Tone your abs and raise your heart rate

\*Running Club/Improvers is included in Active Plus memberships

EDGE HILL

SPORT

#### CONTACT

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