

# CLASS TIMETABLE

## 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
STRETCH & MEDITATE	20:00 - 20:45	LUCY

### 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
METCON	16:15 - 17:00	JACK
*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

### THURSDAY

SPIN (PARTY)	07:10 - 07:50	IAN
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 - 20:15	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	09:15 - 10:15	DEBBIE
METCON	09:15 - 10:15	PT'S
SPIN	10:30 - 11:15	MIKE

### SUNDAY

YOGA	10:15 - 11:15	STEPHEN
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\*RUNNING CLUB/IMPROVERS ARE INCLUDED IN ACTIVE PLUS MEMBERSHIPS



EDGE HILL  
SPORT

### CONTACT

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