# 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 & RELAX	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	LIV B
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	07:10 - 07:50	IAN
METCON	12:10-12:50	DAVID
ZUMBA	16:15 - 17:00	REBEKAH
KETTLEFIT	17:15 - 18:00	MIKE
SPIN	18:15 - 19:00	MIKE
PILATES	19:15 - 20:15	DEBBIE

#### FRIDAY

07:10 - 07:50	TRISH
08:00 - 08:50	CLARE
12:10 - 12:50	PAULA
17:15 - 18:00	SAM
18:30 - 19:15	REBEK
18:00 - 19:00	SAM
	08:00 - 08:50 12:10 - 12:50 17:15 - 18:00 18:30 - 19:15

### SATURDAY

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

#### SUNDAY

YOGA

10:15-11:15 STEPHEN

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

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DEBBIE

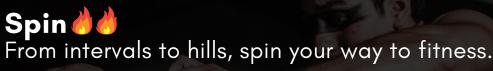
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TRISH

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The Sports Centre

## 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.

## 🌢 🍐 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 ddd 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

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#### CONTACT

everyone.

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