

# 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

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	TRISH

### SUNDAY

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

TheSportsCentre

EDGE HILL  
SPORT

CONTACT

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# CLASS INFORMATION

From September 2023

## Spin 🔥🔥

From intervals to hills, spin your way to fitness.

## Yoga 🔥

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

## Running Club\* 🔥🔥

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

## Total Tone 🔥

Body conditioning built to tone your body and improve fitness.

## Legs Bums & Tums 🔥🔥

Weights based lower body blast.

## Metcon 🔥🔥🔥

Conditioning workouts designed to push your fitness to the limits.

## Kettlefit 🔥🔥🔥

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

## 🔥🔥🔥 Lean Lifting

Full Body, High-Intensity weights session.

## 🔥🔥 Boxfit

High-intensity workout with gloves, pads and weights.

## 🔥🔥🔥 Circuits

Classic circuit training involving a mixture of high-intensity and resistance training.

## 🔥🔥 Body Blast

Full body , High-Intensity cardio session.

## 🔥 Zumba / Konga

Join the party with a fun dance based cardio session.

## 🔥 AM Aerobics

Aerobic workouts that are built to be accessible to everyone.

## 🔥🔥 Abs Core & More

Tone your abs and raise your heart rate

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

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