

The Edge

MONDAY	9.30-10.30	Body Pump
	18.00 - 19.00	Body Balance
	19.00 - 20.00	Body Pump
	20.00 - 21.00	Combat
TUESDAY	9.30 - 10.30	Active Lifestyle
	18.00 - 19.00	Body Attack
	19.30 - 20.30	Swissball
WEDNESDAY	9.30 - 10.30	Body Balance
	18.00 - 19.00	Body Pump
	19.00 - 20.00	Body Step
	20.00 - 21.00	Yoga
THURSDAY	9.30 - 10.30	Active Lifestyle
	18.00 - 19.00	Body Jam
	19.00 - 20.00	Circuits
	20.00 - 21.00	Body Balance
FRIDAY	9.00 - 11.00	Active Lifestyle
	9.30 - 10.30	Swissball
	18.00 - 19.00	Body Attack
	19.00 - 20.00	Body Balance
SATURDAY	10.00 - 11.00	Body Pump

The Herons

9.30 - 10.30	Body Attack	
	9.30 - 10.30	Aqua
	10.30 - 11.30	Body Balance
	19.30 - 20.30	Aqua
9.30 - 10.30	LBT	
	19.30 - 20.30	Aqua Natal
9.30 - 10.30	Body Step	
	10.30 - 11.30	Body Jam
9.30 - 10.30	LBT	
	9.30 - 10.30	Aqua
	19.30 - 20.30	LBT
9.30 - 10.30	Body Step	

Prices:

Group Exercise Classes	£5.50
Active Lifestyle	£4.00
Aqua Natal	£5.50
Aqua Classes	£5.50
60+ Aerobics	£4.00

**Timetable is correct as of
1st January 2010**

Ensure you bring your sweat towel and hydrating fluids to any class you may attend