

The Edge

health & fitness club

Class Timetable

Monday

09:15-10:00 Aqua

18:00-18:30 Indoor Cycling

18:30-19:15 Circuits

Tuesday

09:15-10:00 Fitsteps

10:00-10:45 Zumba

Wednesday

17:30-18:00 Indoor Cycling

18:15-19:00 Boxercise

Thursday

10:15-11:15 Pilates

18:00-18:30 Indoor Cycling

18:30-19:00 Indoor Cycling

19:00-19:45 Circuits

Friday

09:30-10:30 Yoga

10:45-11:45 Yoga



Book your class now at the Edge reception
or on our website.