

# Class Timetable

## OPENING TIMES

Monday-Friday 6.30am-9.30pm  
Saturday-Sunday 8.00am-8.00pm

< AM | MIDDAY | PM >

MON		PILATES 10:00-11:00	PILATES 11:00-12:00	B&B 18:00-18:45	K'BELLS 19:00-20:00	YOGA NIDRA 20:00 - 21:00
TUES	FITSTEPS 09:15-10:00	AQUA* 09:15-10:00	ZUMBA 10:00-11:00		HIIT 18:00-18:45	PAD BOXING 19:00 - 20:00
WED		AQUA FUSION* 09:15-10:00	YOGA 10:00-11:00	YOGA 11:00-12:00	BODY FUSION 18:00-19:00	RELAXATION YOGA 19:00-20:00
THU		ZUMBA 9:15-10:00	YOGA 10:00-11:00	YOGA 11:00 - 12:00	BLAST FX 18:00-18:45	CIRCUITS 19:00-19:45
FRI			PILATES 10:00-11:00	PILATES 11:00-12:00	LBT 18:00-18:45	BODY CONDITIONING 19:00-20:00
SAT	BLAST FX 08:30-09:30					
SUN						

## INTENSITY LEVELS

LBT  
PILATES  
YOGA  
AB ATTACK  
AQUA  
B&B  
BODY CONDITIONING  
BODY FUSION  
ZUMBA  
FITSTEPS  
BLAST FX  
BOOTCAMP  
KETTLEBELLS  
PAD BOXING  
HIIT

FOR MORE INFORMATION ABOUT  
OUR CLASSES CHECK OUT OUR  
WEBSITE:

[www.barnham-broom.co.uk/fitness](http://www.barnham-broom.co.uk/fitness)

For further information or to book please see any member of The Edge team

\*Main pool closed during Aqua Classes - shallow area plus sauna/steam room available only