EDGBASTON PRIORY CLUB

Fitness Timetable - Clubhouse Studio, Zoom & Live Stream

MORNING

Monday	LES MILLS BODY PUMP 6.45am 7.30am Mike	LES MILLS CORE 7.45am 8.15am Mike	WAKE UP YOGA (BEG) 8.30am 9.15am Lisa	LES MILLS BODY PUMP 9.30am 10.15am Mike	AQUA AEROBICS 9.30am 10.10am Lisa	LES MILLS BODY COMBAT 10.30am 11.15am Panda	BARRE FITNESS 11.30am 12:15pm Elysia	BEGINNER YOGA 12:30pm 1:15pm Lisa
Tuesday	BOOT CAMP 6.45am 7.30am Alex	CORE 8.45am 9.15am Bernie	CORE MOBILITY 9.30am 10.15am Gurj	CYCLING CICUITS 10.30am 11.15am Alex	CORE STABILITY 11.30am 12.30am Lee	VINYASA HATHA YOGA 12.45pm 1.45pm Zak		
Wednesday	CYCLING CIRCUITS 6.45am 7.30am Gurj	BARRE FITNESS 8.30am 9.15am Elysia	HIIT STRENGTH 9.30am 10.15am Gurj	AQUA AEROBICS 9.30am 10.10am Lisa	BODY CONDITIONING 10.30am 11.15am Maxine	THERAPEUTIC YOGA* 11.30am 12.30pm Laura	LEGS, BUMS & CORE 12:45pn 1:30pm Lisa	
Thursday	LES MILLS BODY PUMP 6.45am 7.15am Mike	INTELLIGENT SPRINT 7.45am 8.15am Mike	HIIT CIRCUITS 9.30am 10.15am Alex	AQUA AEROBICS 9.30am 10.10am Fran	LES MILLS BODY PUMP 10.30am 11.15am Mike	CORE & BACK CARE 11.30am 12.15pm Alex	VINYASA HATHA YOGA 12.30pm 1.30pm Zak	
Friday	VIDEO CYCLING 6.45am 7.30am Mike	LES MILLS CORE 8.30am 9.15am Mike	LES MILLS BODY ATTACK 9.30am 10.15am Mike	AQUA AEROBICS 9.30am 10.15am Lisa/Elysia	LES MILLS BODY PUMP 10.30am 11.15am Mike	DANCE FITNESS 11.30am 12.30pm Elysia		
Saturday	LES MILLS GRIT 8.00am 8.30am Mike	LES MILLS BODY PUMP 9.00am 10.00am Mike	VIDEO CYCLING 10.30am 11.15am Mike	LES MILLS CORE 11.30am 12.00pm Mike	MOVE WITH MIKE 1.00pm 1.45pm Mike	INTELLIGENT CYCLING 3.00pm 4.00pm Mike		
Sunday	LES MILLS BODY COMBAT 9.00am 9.45am Bernie	INTELLIGENT CYCLING 10.00am 10.45am Bernie	PARKOUR 10.00am 10.45am Mike	ABS BLAST 11.00am 11.30pm Fitness Team	VINYASA YOGA 12.30pm 1.30pm Freda	CORE PILATES 4.00pm 5.00pm Lee		

EVENING

Monday	HATHA YOGA FLOW 4.30pm 5.30pm Laura	INTELLIGENT CYCLING 6.00pm 6.45pm Bernie	BOOT CAMP 7.00pm 7.45pm Gurj	
Tuesday	LEGS, BUMS & CORE 4:00pm 4:45pm Luke	BODY BALANCE 5.00pm 5:45pm Freda	LES MILLS BODY ATTACK 6.15pm 7.00pm Dave	KEISER CYCLING 7.15pm 8.00pm Lisa/Elysia
Wednesday	LEGS, ABS & CARDIO 5.30pm 6.15pm Alex	LES MILLS BODY PUMP 6.30pm 7.15pm Bernie	VINYASA HATHA YOGA 7.30pm 8.30pm Zak	
Thursday	LEGS, BUMS & CORE 4:15pm 5:00pm Luke	BODY BALANCE 5.15pm 6.00pm Bernie	CYCLING CIRCUITS 6.15pm 7.00pm Gurj	BALLETIKS 7.15am 8.00pm Claudia
Friday	KEISER CYCLING 6.00pm 6.45pm Alex			
Saturday				
Sunday				

Lisa
Mike
Alex
Gurj
Bernie
Elysia
Freelance Trainers
Luke

JUNIOR | CARDIO | CYCLING
STRENGTH & TONING | LOW IMPACT & RELAXATION | MIXED CONDITIONING

Please refer to mycourts for the latest version