















FITNESS TIMETABLE JANUARY 2023

Please refer to myedgbastonpriority for the latest version

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
06:45 - 07:30 TOTAL TONE LAURA PHOENIX STUDIO		06:45 - 07:30 BOOT CAMP ALEX PHOENIX STUDIO		06:45 - 07:30 CYCLING CIRCUITS GURJ PHOENIX STUDIO		06:45 - 07:30 BODY PUMP MIKE PHOENIX STUDIO		06:45 - 07:30 VIDEO CYCLING MIKE PHOENIX STUDIO		08:00 - 08:30 GRIT/HIT MIKE PHOENIX STUDIO			
07:30 - 08:30 WAKE UP YOGA FREDA CLUBHOUSE STUDIO				07:30 - 08:30 WAKE UP YOGA FREDA CLUBHOUSE STUDIO				07:00 - 08:00 SUNRISE YOGA VICKI SCOTT CLUBHOUSE STUDIO					
 09:30 - 10:15 BODY PUMP MIKE PHOENIX STUDIO	09:30 - 10:10 AQUA LISA INDOOR POOL	09:30 - 10:15 INT CYCLING MIKE PHOENIX STUDIO	09:30 - 10:15 CORE MOBILITY GURJ CLUBHOUSE STUDIO	 09:30 - 10:15 HIIT STRENGTH GURJ PHOENIX STUDIO	09:30 - 10:10 AQUA LAURA INDOOR POOL	 09:30 - 10:15 HIIT CIRCUITS ALEX PHOENIX STUDIO	09:30 - 10:10 AQUA BERNIE INDOOR POOL	 09:30 - 10:15 LGES, BUMS & CORE LAURA/LISA CLUBHOUSE	 09:30 - 10:15 BOOT CAMP MIKE PHOENIX STUDIO	09:30 - 10:10 AQUA LAURA INDOOR POOL	 09:00 - 09:45 BARBELL CIRCUITS FITNESS TEAM PHOENIX STUDIO	 09:00 - 09:45 HIIT CIRCUITS FITNESS TEAM PHOENIX STUDIO	09:00 - 10:00 STRETCH FLOW YOGA VICKI SCOTT CLUBHOUSE STUDIO
 10:30 - 11:15 BODY COMBAT PANDA PHOENIX STUDIO	10:30 - 11:15 BEGINNER YOGA CLUBHOUSE STUDIO	10:30 - 11:15 LEGS, BUMS & CORE BERNIE PHOENIX STUDIO	10:30 - 11:15 BALLET FITNESS VICTORIA CLUBHOUSE STUDIO	 10:30 - 11:15 BODY CONDITIONING LAURA PHOENIX STUDIO	10:30 - 11:15 CORE STRENGTH & MOBILITY LISA CLUBHOUSE STUDIO	10:30 - 11:15 BODY PUMP EMILY PHOENIX STUDIO	09:45 - 10:30 MOVE WITH ME BERNIE THE NEST	10:30 - 11:15 BEGINNER YOGA CLUBHOUSE STUDIO	 10:30 - 11:15 BODY PUMP EMILY PHOENIX STUDIO	10:15 - 11:00 CORE PILATES LEE CLUBHOUSE STUDIO	 10:30 - 11:15 VIDEO CYCLING MIKE PHOENIX STUDIO	10:00 - 10:45 KEISER CYCLING FITNESS TEAM PHOENIX STUDIO	10:00 - 10:45 ZUMBINI CLUBHOUSE STUDIO
 11:30 - 12:15 DANCE FITNESS LAURA PHOENIX STUDIO	11:45-12:15 ABS BLAST JAKE CLUBHOUSE STUDIO	11:30 - 12:15 SATELLITE CIRCUITS FITNESS TEAM PHOENIX STUDIO	11:30 - 12:30 CORE STABILITY LEE CLUBHOUSE STUDIO	 11:30 - 12:15 KEISER CYCLING LISA PHOENIX STUDIO	11:30 - 12:30 THERAPEUTIC YOGA LAURA CLUBHOUSE STUDIO	11:30 - 12:15 INT CYCLING MIKE PHOENIX STUDIO	11:15 - 12:00 MOVE WITH ME SARAH THE NEST	11:30 - 12:15 CORE & BACK CARE ALEX CLUBHOUSE	 11:30 - 12:15 DANCE FITNESS LAURA/LISA PHOENIX STUDIO	11:30 - 12:00 CORE FITNESS TEAM CLUBHOUSE STUDIO	11:00 - 11:45 BODY CONDITIONING CIRCUITS PHOENIX STUDIO	10:50 - 11:35 ZUMBA KIDS CLUBHOUSE STUDIO	10:50 - 11:35 ZUMBA KIDS CLUBHOUSE STUDIO
12:30 - 13:00 HIIT JAKE PHOENIX STUDIO	13:30 - 14:15 MOVE WITH ME SARAH THE NEST	12:45 - 13:45 VINYASA HATHA YOGA ZAK CLUBHOUSE STUDIO		12:30 - 13:00 HIIT ERICA PHOENIX STUDIO		12:30 - 13:15 BODY CONDITIONING KIRSTY PHOENIX STUDIO	12:30 - 13:30 VINYASA HATHA YOGA ZAK CLUBHOUSE STUDIO	12:30 - 13:15 BODY CONDITIONING ERICA PHOENIX STUDIO	12:30 - 13:15 PILATES VICTORIA CLUBHOUSE STUDIO	12:30 - 13:15 TOTAL BODY CIRCUITS PHOENIX STUDIO	12:30 - 13:15 KOMBAT KOBRAS CLUBHOUSE STUDIO	12:00 - 12:30 ABS BLAST PHOENIX STUDIO	12:00 - 13:00 VINYASA HATHA YOGA FREDA CLUBHOUSE STUDIO
17:00 - 17:45 BODY CONDITIONING ERICA PHOENIX	16:00 - 17:00 PARENT & JUNIOR GYM	16:30 - 17:30 HATHA YOGA FLOW LAURA MAS CLUBHOUSE	16:00 - 17:00 PARENT & JUNIOR GYM	16:00 - 17:00 PARENT & JUNIOR GYM	17:00 - 17:45 CORE STABILITY JAKE CLUBHOUSE STUDIO	16:00 - 17:00 PARENT & JUNIOR GYM	16:00 - 17:00 PARENT & JUNIOR GYM	14:00 - 15:00 DYNAMIC FLOW YOGA SARAH CLUBHOUSE STUDIO	13:30 - 14:15 KEISER CYCLING PHOENIX STUDIO	13:15 - 14:15 KOMBAT WARRIORS CLUBHOUSE STUDIO	14:00 - 15:00 PARENT & JUNIOR GYM	14:00 - 15:00 PARENT & JUNIOR GYM	
18:00 - 18:45 INTELLIGENT CYC BERNIE PHOENIX STUDIO	18:00 - 18:45 DANCE FITNESS VICTORIA CLUBHOUSE STUDIO	18:15 - 19:00 KEISER CYCLING LISA PHOENIX STUDIO	18:00 - 18:45 BODY BALANCE FREDA CLUBHOUSE STUDIO	18:00 - 18:45 LEGS, ABS & CARDIO ALEX PHOENIX STUDIO	18:30 - 19:15 DANCE FITNESS PANDA CLUBHOUSE STUDIO	18:15 - 19:00 CYCLING CIRCUITS GURJ PHOENIX STUDIO	18:00 - 18:45 PILATES VICTORIA CLUBHOUSE STUDIO	18:00 - 18:45 KEISER CYCLING ALEX PHOENIX STUDIO	18:00 - 19:00 VINYASA YOGA FREDA CLUBHOUSE STUDIO	13:00 - 15:00 PARENT & JUNIOR GYM	14:30 - 15:30 YOGA FOR SPORT FREDA CLUBHOUSE STUDIO	16:00 - 17:00 CORE PILATES LEE CLUBHOUSE STUDIO	
19:00 - 19:45 BOOT CAMP GURJ PHOENIX STUDIO	19:00 - 19:45 PILATES MARY CLUBHOUSE STUDIO	19:15 - 20:00 TOTAL TONE LAURA PHOENIX STUDIO	19:00 - 19:45 PILATES MARY CLUBHOUSE STUDIO	19:00 - 19:45 BODY PUMP MINI PHOENIX STUDIO	19:30 - 20:30 YOGA ZAK CLUBHOUSE STUDIO	19:15 - 20:00 BODY CONDITIONING ERICA PHOENIX STUDIO	19:00 - 19:45 BALLET FITNESS VICTORIA CLUBHOUSE STUDIO						
20:00 - 20:45 LEGS BUMS CORE ERICA CLUBHOUSE STUDIO		20:15 - 20:45 HIIT JAKE CLUBHOUSE STUDIO		20:00 - 20:45 SATELLITE CIRCUITS JAKE PHOENIX STUDIO									

EPC ON DEMAND

YOU ARE STILL ABLE TO TAKE PART IN FITNESS CLASSES VIA ZOOM. ASK THE WELCOME DESK TEAM FOR YOUR ACCESS CODES. WE ALSO OFFER A RANGE OF ON DEMAND WORKOUTS THROUGH MYEDGBASTONPRIORY