



**PAUL EDWARDS  
FITNESS PROFESSIONAL**

[www.pauledwardsfitness.co.uk](http://www.pauledwardsfitness.co.uk)

**07900 576 718**

# CLASS TIMETABLE

## MONDAY

6:00am-6:45am Trefnant Village Hall  
6:15pm-7:15pm Trefnant Village Hall  
7:00pm-8:00pm Ruthin Tennis Centre

## TUESDAY

6:30am-7:15am Ruthin Tennis Centre  
6:30pm-7:30pm Trefnant Village Hall

## WEDNESDAY

6:45am-7:30am Trefnant Village Hall  
6:15pm-7:15pm Ruthin Tennis Centre

## THURSDAY

7:00pm-8:00pm Denbigh Town Hall

## FRIDAY

6:00am-6:45am Trefnant Village Hall

## SATURDAY

8:30am-9:30am Ruthin Tennis Centre

**CLASSES ARE  
£3.50 EACH**

**PAY MONTHLY VIA STANDING ORDER FOR  
ALL CLASSES £25.00 A MONTH**