

B:ACTIVE PULSE



Sport

17 SEP

-21 DEC

All classes free for non-members from 17 - 23 September!

OFF-PEAK

(Mon-Fri, 7am-3:30pm & all weekend)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 7:15-8am JP 2	SPINNING 7:15-8am MG 2	SPINNING 7:15-8am MG 2	SPINNING 7:15-8am MG 2	SPINNING 7:15-8am NG 2	BODY PUMP 9-9:50am CL 1
BODY PUMP 7:30-8:30am HT 1	BODY PUMP 7:45-8:45am AE 1	BODY PUMP 7:30-8:20am AE 1	BODY BALANCE 8:15-9am KB 2	BODY PUMP 7:30-8:20am JA 1	AEROBICS 10-10:45am CL 1
STUDIO PILATES 9-9:45am JA 1	SPINNING 8:15-9am RS 2	PURE ABS 7:30-8pm MC 3	BODY PUMP 8:30-9:20am JA 1	BODY PUMP 8:30-9:20am NG 1	
OUTDOOR HIIT PILATES 9:15-10:15am NWH DING	STRONG 8:15-9am KB 3	SPINNING 8:05-8:50am VE 2	STUDIO PILATES 9:30-10:15am JA 2	OUTDOOR HIIT PILATES 9:15-10:15am NWH DING	
HATHA FLOW YOGA 9:30-10:30am KDP 3	DANCE FIT 9-9:50am AE 1	BODY PUMP 8:30-9:30am JA 1	TUMS, BUMS & THIGHS 9:45-10:30am MC 3	BODY BALANCE 9:30-10:15am AE 3	
TOTAL-TONE BARBELL 12-12:45pm MC 1	FITNESS PILATES 9:30-10:15am KB 3	HATHA FLOW YOGA 9:30-10:30am KDP 3	FAT BLAST 10:45-11:30pm MC 3	HATHA FLOW YOGA 10:30-11:30am KDP 3	
ABSOLUTION 12:15-1pm RS 2	HATHA FLOW YOGA 10:30-11:30am KDP 3	BARRE FIT 11-11:45am AE 2	SWISS BALL ABS 11:45-12:15pm MC 2	BARRE FIT 11:20-12:05am AE 1	
BODY BALANCE 12:30-1:15pm NW 3	AEROBICS 11-11:45am JA 1	TUMS, BUMS & THIGHS 11:15-12pm MC 1	ABSOLUTION 12:20-12:50pm MC 3	AQUA AEROBICS 12-1pm TBC POOL	
TUMS, BUMS & THIGHS 1-1:45pm MC 1	BODY PUMP 12-12:50am JA 1	SPINNING 12-12:45pm CN 2	SPINNING 12:30-1:15pm JP 2	SWISS BALL ABS 12:30-1:10pm MC 3	
SPINNING 1:15-2pm RS 2	SWISS BALL ABS 12:15-12:55pm MC 2	XPRESS HIIT 12:15-12:45pm MC 1	BODY CONDITIONING 1-1:45pm MC 1	SPINNING 1-1:45pm RS 2	
STRONG 1:30-2:15pm KB 3	BODY BALANCE 12:30-1:15pm NW 3	YOGA 12:30-1:30pm JGK 3	HATHA YOGA 1:30-2:30pm CN 3	BODYSOULPT 1:15-1:55pm MC 1	
FITNESS PILATES 3-3:45pm KB 2	BODY CONDITIONING 1-1:45pm MC 1	BODY PUMP 1-1:50pm CL 1	YOGA FIT 1:30-2:30pm NWH DING	H.I.T. & ABS 2-2:45pm MC 1	LOCATIONS 1 - Studio 1 2 - Studio 2 3 - Studio 3 HALL - Sports Hall POOL - Swimming pool, Students' Union DING - Coombe Dingle Sports Complex
	ASHTANGA YOGA 1:15-2:15pm EC 2	BODY BALANCE 1:15-2:15pm NW 2	BODY PUMP 2-3pm AE 1	STRONG 2:10-3pm KB 3	
	YOGA FIT 1:30-2:30pm NWH DING		PURE ABS 2:45-3:15pm MC 3	BODY BALANCE 3:10-4pm KB 3	
	YOGA 2-2:45pm KD 3				
	HIIT WORKOUT 2:10-2:55pm MC 1				

PEAK

(Mon-Fri 3:30pm until close)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INSTRUCTORS
SWISS BALL ABS 3:30-4:15pm MC 3	STRONG 4-4:50pm KB 1	PURE ABS 4:15-4:55pm MV 3	FAT BLAST 3:30-4:15pm MZC 1	ABSOLUTION 3:30-4pm MZC 1	JA - Jane Alkerstone VE - Vanessa Edgell PL - Paul Lowe PW - Paula Whatman KB - Kerstin Bommer AE - Angie Edwards CN - Corinne Newman NW - Natascha Woolfe EC - Eleanor Coates MG - Matt Goldsworthy JP - Jo Pirrie MC - Marcia Coles TH - Toby Hodder PR - Paul Reay KDP - Katie Despres JGK - Jez Grattan-Kane RS - Rosie Street KD - Kaire Davidson CL - Claire Lewis HT - Helen Thomas NWH - Nicki White MZC - Marilla Cawthorne
YOGA 4-5:30pm JGK 1	BODY COMBAT 5-5:50pm PW 1	HIIT WORKOUT 5-5:40pm MV 1	ASHTANGA YOGA 3:45-5pm EC 3	STUDIO PILATES 4:45-5:30pm PW 2	
HIT & ABS 4:30-5:15pm MC 3	BODY BALANCE 5:10-6pm KB 2	SPINNING 5:15-6pm CN 2	HIIT WORKOUT 4:30-5:15pm MV 1	YOGA 5-5:50pm KD 1	
SPINNING 4:15-5pm MZC 2	CIRCUITS 5:15-6pm PR HALL	FITNESS PILATES 5:30-6:30pm KB 3	CIRCUITS 5:15-6pm TH HALL	BODY COMBAT 6-7pm PW 1	
BODY BALANCE 5:30-6:30pm NW 3	BODY PUMP 6-6:45pm HT 1	TUMS, BUMS & THIGHS 5:45-6:30pm MV 1	BODY BALANCE 5:30-6:15pm NW 1		
BODY PUMP 6-7pm JA 1	SPINNING 6:30-7:15pm PL 2	H.I.T. SPIN 6:15-7pm PR 2	STUDIO PILATES 5:45-6:30pm PW 3		
SPINNING 6:30-7:15pm PL 2	BODY BALANCE 7-8pm NW 1	BODY BALANCE 6:40-7:30pm KB 1	SPINNING 6-6:45pm RS 2		
			BODY PUMP 6:30-7:30pm JA 1		