

B:ACTIVE RESIDENCES



Sport



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NORTH VILLAGE	BODY BALANCE 6-7pm Churchill Hall Common Room	TABATA 9:30-10:30am Churchill Hall Common Room	FLEX & STRETCH 9:30-10:30am Hiatt Baker Gym	BODY BALANCE 7:30-8:30pm Wills Chapel	BODY SCULPT 9:30-10:30am Churchill Hall Common Room
		YOGA WITH MEDITATION 5:45-7:15pm Churchill Hall Common Room			YOGA WITH MEDITATION 5:45-7pm Churchill Hall Common Room
					CARNIVAL FITNESS 7:30-8:30pm Churchill Hall Common Room
EAST VILLAGE	MINDFUL HIIT 8-8:30am Orchard Heights Common Room	SKIP HOP 7:45-8:30am The Rackhay Common Room	CARNIVAL FITNESS 3-4pm Orchard Heights Common Room	BODY BALANCE 4-5pm Orchard Heights Common Room	
	FITNESS PILATES 4:30-5:30pm New Bridewell		YOGA 5:30-6:30pm Northwell House Common Room		
WEST VILLAGE	PILOXERCISE 7:30-8:30pm Goldney Hall	ABS ATTACK 8-8:30am Manor Hall Great Hall	TOTAL BODY WORKOUT 2:15-5pm Manor Hall Great Hall	BEGINNERS' PILATES 1-1:45pm Manor Hall Great Hall	
		TAI CHI & QI GONG 1-2pm Manor Hall Great Hall		SKIP HOP 2:15-3pm Goldney Hall Orangery	All classes are free for students living in University accomodation. Book online to guarantee your space.
		YOGA 6:15-7:15pm Goldney Hall Orangery		CORE WORKOUT 5:45-6:45pm Manor Hall Great Hall	

