

COMMUNITY EXERCISE

MON	Gym 9-10am The Gym	Badminton 9-10am Sports Hall	Circuits 10-11am Studio 1	
TUE	Guided Gym 9-10am The Gym	Move & Relax 10-11am Studio 1	Swimming 10:30-11:30am Swimming Pool	Pilates 2:35-3:30pm Studio 1
WED	Guided Gym 9-10am The Gym	Badminton 9-10am Sports Hall	Aerobics 10-11am Studio 1	
THU	Guided Gym 9-10am The Gym	Move & Tone 10-11am Studio 1	Move & Relax 11-12pm Studio 1	
FRI	Gym 9-10am The Gym	Yoga 10-11am Studio 1		Scan here to book online

Annual membership	Monthly membership	Sessions per week
£198	£21.99*	Unlimited!

*Subject to joining fee

Sessions take place in the Indoor Sports Centre, Tyndall Avenue, except for the swimming session which takes place in the Swimming Pool within the Students' Union on Queen's Road.