

FITNESS CLASSES

11 NOVEMBER – 20 DECEMBER

OFF-PEAK

ON-PEAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BODY PUMP 07:10-08:00 JA 1	RPM 07:10-07:40 VIRTUAL	BODY PUMP 07:15-08:05 JA 1	RPM 07:15-08:00 VIRTUAL	RPM 07:10-07:40 VIRTUAL	RPM 08:15-08:45 VIRTUAL
	SPINNING 08:10-08:55 VE 1	TABOXING 07:30-08:20 CD 3	PURE ABS 07:30-08:00 MC 3	TABOXING 07:30-08:20 CD 3	BODY PUMP 07:45-08:35 JA 1	BODY PUMP 09:00-09:50 CL 1
	GRIT 09:10-09:40 VIRTUAL	BODY PUMP 07:50-08:50 AE 1	SPINNING 08:15-09:00 VE 1	BODY PUMP 08:15-09:10 JA 1	CX WORX 09:00-09:30 VIRTUAL	CX WORX 10:00-10:30 VIRTUAL
	STUDIO PILATES 09:05-09:50 JA 2	GRIT 09:00-09:30 VIRTUAL	GRIT 09:10-09:40 VIRTUAL	GRIT 09:15-09:45 VIRTUAL	HIIT PILATES 09:15-10:15 NWH DING	AEROBICS 10:00-10:45 CL 3
	HIIT PILATES 09:15-10:15 NWH DING	FITNESS PILATES 09:30-10:15 KB 3	BODY CONDITIONING 09:40-10:30 IS 3	STUDIO PILATES 09:30-10:15 JA 3	HATHA YOGA (B) 10:30-11:30 JGK 3	BODY BALANCE 10:45-11:40 VIRTUAL
	HATHA FLOW YOGA (B) 09:30-10:30 KDP 3	HATHA FLOW YOGA 10:30-11:30 KDP 3	TUMS, BUMS & THIGHS 11:15-12:00 MC 1	RPM 12:10-12:55 VIRTUAL	GRIT 11:10-11:40 CS 1	BODY COMBAT 11:50-12:45 VIRTUAL
	CX WORX 11:15-11:45 VIRTUAL	CX WORX 11:15-11:45 VIRTUAL	XPRESS HIIT 12:15-12:45 MC 1	ABSOLUTION 12:20-12:50 MC 3	AQUA AEROBICS 12:00-13:00 PILO POOL	RPM 13:00-13:45 VIRTUAL
	TOTAL TONE BARBELL 12:00-12:45 MC 1	BODY PUMP 12:00-12:50 JA 1	YOGA 12:30-13:30 JGK 3	BODY CONDITIONING 13:00-13:45 MC 1	RPM 12:05-12:50 VIRTUAL	RPM 19:10-19:40 VIRTUAL
	BODY BALANCE 12:00-13:00 NW 3	SWISS BALL ABS 12:15-12:55 MC 3	BODY PUMP 13:00-13:50 CL 1	HATTON BOXING 13:10-14:00 CD 3	SWISS BALL ABS 12:30-13:10 MC 3	SUNDAY
	SPINNING 13:00-13:45 PR 1	BODY BALANCE 13:00-13:55 NW 3	BODY BALANCE 13:15-14:15 NW 2	YOGA 13:30-14:30 NWH DING	BODY SCULPT 13:15-13:55 MC 1	RPM 08:15-08:45 VIRTUAL
	TUMS, BUMS & THIGHS 13:05-13:50 MC 3	BODY CONDITIONING 13:00-13:50 MC 1	LEGS, BUMS & TUMS 14:15-15:00 CS 3	BODY PUMP 14:00-15:00 AE 1	HIIT & ABS 14:00-14:45 MC 1	BODY BALANCE 09:00-09:55 VIRTUAL
	BODY PUMP 14:00-14:55 CS 1	YOGA 13:30-14:30 NWH DING		LEGS, BUMS & TUMS 14:15-15:00 IS 3	BODY BALANCE 15:00-15:45 VIRTUAL	GRIT 11:45-12:15 VIRTUAL
	STRONG 14:00-14:45 KB 3	HIIT WORKOUT 14:00-14:45 MC 1		BODY BALANCE 15:10-15:55 CS 1		RPM 17:15-18:00 VIRTUAL
	CX WORX 15:10-15:40 VIRTUAL	CX WORX 15:00-15:30 VIRTUAL				BODY BALANCE 18:15-19:10 VIRTUAL
	SWISS BALL ABS 15:30-16:15 MC 3	BODY BALANCE 15:45-16:40 CS 1	PURE ABS 16:15-16:45 IS 3	FAT BLAST 15:30-16:15 IS 3	ABSOLUTION 15:30-16:00 IS 3	INSTRUCTORS
	YOGA 16:00-17:30 JGK 1	BODY COMBAT 16:55-17:50 PW 1	GRIT 17:15-17:45 CS 1	ASHTANGA YOGA 15:45-17:00 EC 2	RPM 16:00-16:45 VIRTUAL	AE - Angie Edwards CD - Craig Dark CL - Claire Lewis CS - Charlotte Spencer EC - Eleanor Coates HT - Helen Thomas IS - Ivett Sebestyen JA - Jane Alkerstone JGK - Jez Grattan-Kane KB - Kerstin Bommer KD - Kaire Davidson KDP - Katie Despres MC - Marcia Coles NW - Natascha Wolf NWH - Nicki White PILO - PILOXERCISE PR - Paul Reay PW - Paula Whatman TH - Toby Hodder VE - Vanessa Edgell VIRTUAL - Top Les Mills online trainer (B) = Beginners (I) = Improvers
	HIIT & ABS 16:30-17:15 MC 3	CIRCUITS 17:15-18:00 PR HALL	FITNESS PILATES 17:30-18:30 KB 3	CXWORX 16:00-16:30 VIRTUAL	STUDIO PILATES 17:00-17:45 PW 1	
	BODY BALANCE 17:30-18:30 NW 3	ZUMBA 17:40-18:30 IS 3	RPM 18:00-18:45 VIRTUAL	RPM 16:40-17:25 VIRTUAL	YOGA 17:00-17:50 KD 2	
	SPINNING 17:40-18:10 IS 1	BODY PUMP 18:00-18:50 HT 1	BODY BALANCE 18:55-19:50 VIRTUAL	CIRCUITS 17:15-18:00 TH HALL	BODY COMBAT 17:40-18:30 VIRTUAL	
	BODY PUMP 18:15-19:15 JA 1	RPM 19:00-19:45 VIRTUAL	BODY COMBAT 20:00-20:55 VIRTUAL	BODY BALANCE 17:40-18:30 NW 1	GRIT 18:45-19:30 VIRTUAL	
				STUDIO PILATES 17:45-18:30 PW 3		
				BODY PUMP 18:40-19:30 JA 1		

Scan here
to book!



LOCATIONS

VIRTUAL = Studio 1 - Indoor Sports Centre
1, 2 or 3 = Studio 1, 2 or 3 - Indoor Sports Centre
HALL = Sports Hall
POOL = Students' Union
DING = Coombe Dingle Sports Complex