# FITNESS CLASSES

University of BRISTOL | BRISTOL SU the best student life | Sport

| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **Body Pump**<br>07:10-08:00 JA 1 | **Cardio Abs**<br>07:10-07:50 CD 3 | **Body Pump**<br>07:10-08:00 JA 1 | **RPM**<br>07:15-07:45 VIRTUAL | **RPM**<br>07:15-07:45 VIRTUAL | **RPM**<br>08:15-08:45 VIRTUAL |
| **Spinning**<br>08:10-08:55 PR 1 | **Hatha Yoga Flow**<br>08:30-09:30 KDP 3 | **Spinning**<br>08:15-09:00 VE 1 | **Body Pump**<br>08:10-09:00 JA 1 | **Body Pump**<br>08:00-08:50 JA 1 | **Body Pump**<br>09:00-10:00 CL 1 |
| **Studio Pilates**<br>09:05-09:50 JA 1 | **RPM**<br>09:20-09:50 VIRTUAL | **Body Conditioning**<br>10:00-10:50 IS 3 | **Studio Pilates**<br>09:10-09:55 JA 3 | **RPM**<br>09:15-10:10 VIRTUAL | **Aerobics**<br>10:15-11:00 CL 1 |
| **HIIT Pilates Circuit**<br>09:00-10:00 NWH DING | **Aerobics**<br>11:00-11:45 JA 1 | **Breath-Flow Yoga**<br>11:55-12:50 JGK 1 | **Yoga for Wellness**<br>09:30-10:30 KDP 1 | **HIIT Pilates**<br>09:00-10:00 NWH CD | **Body Combat**<br>11:30-12:15 VIRTUAL |
| **Hatha Yoga (B)**<br>10:00-11:00 KDP 3 | **Fitness Pilates**<br>11:15-12:00 MC 3 | **Body Pump**<br>13:00-13:50 CL 1 | **Spinning**<br>11:00-11:45 JP 1 | **Embodied Yoga**<br>10:30-11:15 SS 1 | **Body Balance**<br>13:00-13:45 VIRTUAL |
| **Body Balance**<br>11:10-12:00 NW 3 | **Body Pump**<br>12:00-12:50 JA 1 | **Body Balance**<br>14:00-14:50 RL 3 | **Xpress TBT**<br>12:00-12:30 MC 1 | **Fitness Pilates**<br>12:00-12:45 MC 1 | **RPM**<br>17:00-17:55 VIRTUAL |
| **CX Worx**<br>11:15-11:45 VIRTUAL | **HIIT Workout**<br>12:15-12:45 MC 3 | | **Yoga Fit**<br>12:30-13:30 NWH DING | **Body Conditioning**<br>13:00-13:50 MC 1 | |
| **Total Tone Barbell**<br>12:00-12:45 MC 1 | **Yoga Fit**<br>13:30-14:30 NWH CD | | **Absolution**<br>12:40-13:10 MC 1 | **HIIT & Abs**<br>14:00-14:45 CS 1 | |
| **Tums, Bums & Thighs**<br>13:00-13:45 MC 1 | **Body Conditioning**<br>13:00-13:50 MC 1 | | **Xpress HIIT**<br>13:20-13:50 MC 1 | | |
| **Body Pump**<br>14:00-14:50 CS 1 | **Body Balance**<br>13:30-14:20 NW 3 | | **Body Pump**<br>14:00-15:00 JA 1 | | **SUN** |
| | **Swiss Ball Abs**<br>14:00-14:45 MC 1 | | | | **RPM**<br>08:15-08:45 VIRTUAL |
| | | | | | **Body Combat**<br>09:00-09:45 VIRTUAL |
| | | | | | **CX Worx**<br>11:45-12:15 VIRTUAL |
| | | | | | **RPM**<br>17:00-17:55 VIRTUAL |
| | | | | | **Body Balance**<br>18:15-19:10 VIRTUAL |
| **Dance Fit**<br>15:10-15:55 CS 1 | **Pure Abs**<br>15:00-15:30 MC 1 | **Pure Abs**<br>15:10-15:40 IS 3 | **CX Worx**<br>15:15-15:45 VIRTUAL | **Body Balance**<br>15:00-15:50 CS 1 | |
| **Breath-Flow Yoga**<br>16:10-17:10 JGK 1 | **Body Combat**<br>15:45-16:30 VIRTUAL | **GRIT**<br>16:50-17:20 CS 3 | **Ashtanga Yoga**<br>16:05-17:05 EC 1 | **GRIT**<br>16:15-16:45 VIRTUAL | |
| **CX Worx**<br>17:20-17:50 VIRTUAL | **Body Pump**<br>16:50-17:50 CS 1 | **Body Balance**<br>17:30-18:20 CS 1 | **Body Conditioning**<br>17:20-18.00 IS 1 | **Yoga**<br>17:10-18:00 BF 1 | |
| **Body Balance**<br>17:30-18:30 NW 3 | **Body Conditioning**<br>18:10-19:00 IS 1 | | **Body Balance**<br>18:15-19:05 NW 1 | **Body Combat**<br>18:15-19:15 VIRTUAL | |
| **Body Pump**<br>18:00-19:00 JA 1 | **RPM**<br>19:15-19:45 VIRTUAL | | **Body Combat**<br>19:15-20:00 VIRTUAL | | |
| **RPM**<br>19:15-19:45 VIRTUAL | | | | | |

**(B)** - Beginner ability
**CD** - Coombe Dingle Sports complex
**1/2/3** - Studio, Indoor Sport Centre
**HALL** - Sports Hall, Indoor Sport Centre
**APP** - Streamed via Sport, Exercise and Health mobile app
**VIRTUAL** - Virtual instructor, (all virtual classes in Studio 1, Indoor Sport Centre)

**Download the app**

## INSTRUCTORS

AE - Angie Edwards
BF - Ben Flexo
CT - Cat Taylor
CD - Craig Dark
CL - Claire Lewis
CS - Charlotte Spencer
EC - Eleanor Coates
IS - Ivett Sebestyen
JA - Jane Alkerstone
JGK - Jez Gratton-Kane
JP - Jo Pirrie
KDP - Katie Despres
MC - Marcia Coles
NW - Natascha Wolf
NWH - Nicki White
PR - Paul Reay
RS - Ravi Sharda
RL - Rosi Leigh
SS - Seanie Smith
TH - Toby Hodder
VE - Vanessa Edgell