



FITNESS TIMETABLE

22 JANUARY - 10 MAY 2024

All sessions are included in all-inclusive gym membership or on a pay-as-you-go basis for £4.00.

Monday	Tuesday	Wednesday	Thursday	Friday
SPIN 07:30 - 08:15 Movement Studio	SPIN 07:30 - 08:15 Spin Area	HIIT 07:30 - 08:15 Movement Studio	YOGA 12:15 - 13:00 Movement Studio	YOGA 07:30 - 08:30 Movement Studio
PILATES 12:15 - 13:00 Movement Studio	BOXFIT 12:15 - 13:00 Movement Studio	LOWER BODY & CORE 17:15 - 18:00 Movement Studio	PILATES 12:15 - 13:00 Sports Hall	SPIN 12:15 - 13:00 Movement Studio
ZUMBA 17:15 - 18:00 Movement Studio	YOGA 12:15 - 13:00 Sports Hall		CIRCUITS 18:15 - 19:00 Sports Hall	HIIT 12:15 - 13:00 Sports Hall
BOXFIT 17:15 - 18:00 Sports Hall	YOGA 17:15 - 18:00 Movement Studio			CIRCUITS 17:15 - 18:00 Movement Studio



City Campus



Collegiate Campus