



GROUP FITNESS CLASS TIMETABLE

STARTING THE WEEK COMMENCING 13TH APRIL 2026

All sessions are included in all-inclusive gym membership or on a pay-as-you-go basis for £4.00 Staff and Students and £6 for Community members.

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates 12:15-13:00 Movement Studio	Yoga 12:15-13:00 Sports Hall	Pilates 17:15-18:00 Movement Studio	Yoga 12:15-13:00 Movement Studio	Pilates 12:15-13:00 Sports Hall
Zumba 17:15-18:00 Movement Studio	Circuits 17:15-18:00 Sports Hall		Pilates 12:15-13:00 Sports Hall	
	Yoga 17:15-18:00 Movement Studio		Circuits 17:15-18:00 Sports Hall	

BOOK NOW



 City Campus

 Collegiate Campus