



FITNESS TIMETABLE

13 MAY - 13 SEPTEMBER 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	YOGA* 12:15 - 13:00 Sports Hall	YOGA* 08:00 - 08:45 Sports Hall	YOGA 12:15 - 13:00 Movement Studio	SPIN 12:15 - 13:00 Movement Studio
PILATES 12:15 - 13:00 Movement Studio	SPIN 12:45 - 13:30 Spin Area	HIIT* 17:15 - 18:00 Sports Hall	PILATES* 12:15 - 13:00 Sports Hall	HIIT* 12:15 - 13:00 Sports Hall
ZUMBA 17:15 - 18:00 Movement Studio	YOGA 17:15 - 18:00 Movement Studio	LOWER BODY & CORE 17:15 - 18:00 Movement Studio	SPIN 17:15 - 18:00 Sports Hall	CIRCUITS 17:15 - 18:00 Movement Studio
			CIRCUITS* 18:15 - 19:00 Sports Hall	

*Sessions will not start until 30 May 2024. Sessions will not run 1 - 19 July 2024.



City Campus



Collegiate Campus