

FITNESS CLASSES TIMETABLE

Whatever moves you, discover a range of fitness classes to match your goal.

Strength & Sculpting

A sculpting class that targets the entire body. Designed to strengthen and tone you from head to toe.

Renewal

A workout to help improve flexibility, build strength and leave you feeling relaxed and calm.

Fun & Sociable

A class to develop and increase your own fitness levels, at your own pace in a motivated environment.

Energising & Challenging

High energy, endurance improving class that increases general fitness.

MONDAY

Yoga 07:00 - 08:15 Studio 2	Studio Cycle 07:00 - 07:45 Cycle Studio	Body Blast 09:30 - 10:15 Studio 3 & 4	Warrior Yoga 10:00 - 11:30 Studio 2	Aqua 10:30 - 11:15 Pool	Studio Cycle 10:45 - 11:30 Cycle Studio	Pilates 12:00 - 13:00 Studio 2	Body Pump™ 12:00 - 13:30 Studio 1	Pilates 13:15 - 14:15 Studio 3 & 4	Legs, Bums & Tums 15:15 - 16:15 Studio 1	Pilates 16:45 - 17:45 Studio 3 & 4	Studio Cycle 17:15 - 18:00 Cycle Studio
Yoga 18:00 - 19:00 Studio 2	Body Pump™ 18:00 - 19:00 Studio 3 & 4	Studio Cycle 18:15 - 19:00 Cycle Studio	Yoga 19:00 - 20:00 Studio 2	Boxercise 19:00 - 20:00 Studio 3 & 4							

TUESDAY

Morning Flow Yoga 07:00 - 08:30 Studio 2	Studio Cycle 07:00 - 07:45 Cycle Studio	Legs, Bum & Tums 10:30 - 11:30 Studio 3 & 4	Pilates 11:00 - 12:00 Studio 2	Body Pump™ 11:45 - 12:45 Studio 3 & 4	Ashtanga Yoga 12:00 - 13:00 Studio 2	Pilates 16:00 - 17:00 Studio 3 & 4	Body Combat™ 17:00 - 18:00 Studio 3 & 4	Studio Cycle 17:00 - 17:45 Cycle Studio	Body Pump™ 17:45 - 18:45 Studio 3 & 4	Studio Cycle 18:00 - 18:45 Cycle Studio	Zumba 19:00 - 20:00 Studio 3 & 4
Yoga 19:30 - 20:30 Studio 2											

WEDNESDAY

Yoga	Studio Cycle	Yogalates	Body Blast	Mindful Breathing	Body Pump™	Ashtanga Yoga	Pilates	Studio Cycle	Body Pump™	Beginner Yoga	Studio Cycle
07:00 - 08:00 Studio 2	07:00 - 07:45 Cycle Studio	09:15 - 10:15 Studio 3 & 4	09:30 - 10:15 Studio 1	10:20 - 10:50 Studio 3 & 4	12:15 - 13:15 Studio 3 & 4	13:45 - 14:45 Studio 3 & 4	16:15 - 17:15 Studio 3 & 4	17:00 - 17:45 Cycle Studio	17:15 - 18:15 Studio 3 & 4	17:30 - 18:15 Studio 2	18:30 - 19:15 Cycle Studio

THURSDAY

Pilates	Studio Cycle	Beginners Yoga	Slow Flow Yoga	Body Pump™	Aqua	Pilates	Studio Cycle	Body Pump™	Pilates	Zumba	Studio Cycle
07:00 - 08:00 Studio 2	07:00 - 07:45 Cycle Studio	09:00 - 10:00 Studio 2	10:30 - 12:00 Studio 3 & 4	11:00 - 12:00 Studio 1	11:00 - 11:45 Pool	12:15 - 13:15 Studio 3 & 4	12:20 - 13:05 Cycle Studio	12:30 - 13:30 Studio 1	16:50 - 17:50 Studio 2	17:15 - 18:15 Studio 3 & 4	17:00 - 17:45 Cycle Studio
Body Balance™	Studio Cycle	Body Pump™									
18:00 - 19:00 Studio 2	18:00 - 18:45 Cycle Studio	18:30 - 19:30 Studio 3 & 4									

FRIDAY

Ashtanga Yoga	Pilates	Body Conditioning	Pilates	Body Balance™	Body Pump™	Studio Cycle	Body Pump™	Boxercise	Yoga Relaxation
07:00 - 08:30 Studio 2	9:15 - 10:15 Studio 3 & 4	09:30 - 10:30 Studio 1	10:30 - 11:30 Studio 3 & 4	10:35 - 11:35 Studio 1	11:45 - 12:45 Studio 3 & 4	17:15 - 18:00 Cycle Studio	17:00 - 18:00 Studio 3 & 4	18:00 - 19:00 Studio 1	18:45 - 19:45 Studio 2

SATURDAY

Studio Cycle	Studio Cycle	Yoga	Body Pump™	Body Combat™	Pilates	Boxercise
08:15 - 09:00 Cycle Studio	09:15 - 10:00 Cycle Studio	09:30 - 10:30 Studio 2	10:15 - 11:15 Studio 3 & 4	11:30 - 12:30 Studio 3 & 4	12:15 - 13:15 Studio 2	14:30 - 15:30 Studio 1

SUNDAY

Metafit	Core	Pilates	Pilates	Stretch	Body Pump™	Pilates	Studio Cycle
09:15 - 09:45 Studio 3 & 4	09:50 - 10:20 Studio 3 & 4	10:25 - 11:25 Studio 2	11:45 - 12:45 Studio 3 & 4	15:00 - 16:00 Studio 3 & 4	16:15 - 17:15 Studio 3 & 4	16:15 - 17:15 Studio 2	17:30 - 18:15 Cycle Studio

Timetable is subject to change. Book a class via the [UoW Sport app](#)