

2017/18 Timetable

Book online or download the UWE Sport App



M	Fitness on Demand		Synrgy	Body Sculpt	Hatha Yoga	Cardiac Rehab Phase 4	Progress Circuits (GP)	Circuits	Spin	Ab Attack	Kick Boxercise	Beginner Pilates	Body Blitz	Insanity
	07:30 - 08:30	08:30 - 09:30	09:30 - 10:00	12:15 - 13:00	12:15 - 13:15	13:15 - 14:15	14:30 - 15:30	17:00 - 17:55	17:15 - 18:00	18:00 - 18:30	18:00 - 18:45	18:30 - 19:15	18:30 - 19:30	19.45-20.30
T	Spin	Synrgy	Pre / Post Natal Fitness	Hatha Yoga	Circuits	Mixed Pilates	Synrgy		Spin	Beginner Pilates	Spin & Ab Blast	Body Conditioning	Intermediate Pilates	Ladies Free Weights
	07:30 - 08:15	09:30 - 10:00	10:00 - 11:00	12:15 - 13:15	12:15 - 12:55	12:30 - 13:15	14:30 - 15:00		17:45 - 18:30	18:30 - 19:15	18:30 - 19:30	19:30 - 20:30	19:30 - 20:30	20.35-21.35
W	Spin	Fitness on Demand		Synrgy	Spin			Body by Design		Body Blitz	Spin & Ab Blast	HIIT		
	07:30 - 08:15	08:30 - 09:30	09:30 - 10:00	09:30 - 10:00	12:15 - 13:00			17:15 - 18:00		18:00 - 19:00	19:15 - 20:15	20:30 - 21:15		
T	Synrgy	Mixed Pilates	Circuits	Hatha Yoga	Synrgy		Spin	Circuits	Intermediate Pilates	Spin & Ab Blast	Beginner Pilates	Body Conditioning	Mixed Pilates	Ladies Free Weights
	09:30 - 10:00	12:15 - 13:00	12:15 - 13:00	12:15 - 13:15	14:30 - 15:00		17.15-18.00	17:30 - 18:25	18:00 - 18:45	18:00 - 19:00	19:00 - 19:45	19:00 - 19:45	19:45 - 20:30	20.35-21.35
F	Kettlebells			Mixed Pilates	Beginner Pilates	LBT				Spin & Ab Blast	Circuits	Synrgy		
	07.30-08.15			12:15 - 13:00	13:15 - 14:00	12:30 - 13:15				17.15-18.00	18.00-18.45	19.00-19.30		
S			PT Blast											
			09:00 - 10:00											

NEW for the 2017/18 term!

We've packed in more of your favourite classes and added three brand new ones to kick start the 2017/18 academic year.

UWE Sport have got you covered to stay fit and healthy throughout your time at UWE Bristol with new classes including Kettlebells and Kick Boxercise. We have also added a Pre/Post Natal Fitness class providing a gentle workout to expecting and new mums of all fitness levels.