

Centre for Sport Summer Class Timetable 2016

Mon	Fitness on Demand Gym Team	Body Sculpt Sue	Hatha Yoga Michaela	Cardiac Rehab Class Paul	Progression Circuits (GP) Adam	Circuits Jason	Spin Holly	Ab Attack Sue	Box Circuits Thea	Pilates Lesley	Body Blitz Sue
	7.30-8.30	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
Tues		Synrgy Gym Team	Mixed Pilates Sarah	Circuits Catherine	Synrgy Gym Team		Spin Adam	Beginners Pilates Lesley	Spin & Ab Blast Adam	Body Conditioning Adam	Intermediate Pilates Lesley
		9.30-10.00	12.30-13.15	12.15-12.55	14.30-15.00		17.45-18.30	18.30-19.15	18.30-19.30	19.30-20.30	
Weds	Spin Cerys	Fitness on Demand Gym Team		Spin Caz		Body by Design Sue		Body Blitz Sue	Spin & Abs Blast Helen		
	7.30-8.15	8.30-9.30		12.15-13.00		17.15-18.00		18.00-19.00	19.15-20.15		
Thurs	Synrgy Gym Team		Mixed Pilates Catherine	Circuits Catherine	Hatha Yoga Michaela	Synrgy Gym Team	Spin Diane	Circuits Aaron	Intermediate Pilates Lesley	Spin & Abs Blast Diane	Beginners Pilates Lesley
	09.30-10.00		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
Fri					Mixed Pilates Catherine	LBT Sue					
					12.15-13.00	12.30-13.15					

All classes are included as part of an Active Card membership.

The summer class timetable runs from Monday 4 July to Friday 16 September 2016. Winter classes resume Monday 19 September. The timetable is subject to change during various times of the year.

Non-Member Class Prices **£5.00 per class**

You will be required to pay £3.50 if less than 12 hours notice of cancellation is given or you fail to attend. If your place gets filled you will not get charged.

Centre for Sport

Frenchay Campus
Coldharbour Lane
Bristol
BS16 1QY

Mon-Fri: 7.30-22.30

Sat-Sun: 9.00-20.30

You can now book your classes online at www.uwe.ac.uk/sport

Cardio

Holistic

Combination

Conditioning