

# Winter Class Timetable 2016/17

Mon-Fri: 7.30-22.30

Sat-Sun: 9.00-20.30

<b>M</b>	Fitness on Demand Gym Team		Synrgy Gym Team	Body Sculpt Sue	Hatha Yoga Michaela	Cardiac Rehab Phase 4 Paul	Progress Circuits (GP) Thea		Circuits Jason	Spin Holly	Ab Attack Sue	Box Circuits Ros	Beginner Pilates Lesley	Body Blitz Sue	Insanity Sam
	7.30-8.30	8.30-9.30	9.30-10.00	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	19.35-20.15
<b>T</b>	Spin Jason	Synrgy Gym Team	Mixed Pilates Sarah	Circuits Catherine	Synrgy Gym Team		Spin Adam	Beginner Pilates Lesley	Spin & Ab Blast Adam	Body Conditioning Adam		Intermediate Pilates Lesley		Ladies Free Weights Scarlett	
	7.30-8.15	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				20.35-21.35	
<b>W</b>	Spin Ros	Fitness on Demand Gym Team		Synrgy Gym Team	Spin Carrie-Ann			Body by Design Sue	Body Blitz Sue	Spin & Abs Blast Helen		HIIT Catherine			
	7.30-8.15	8.30-9.30	9.30-10.00	9.30-10.00	12.15-13.00			17.15-18.00	18.00-19.00	19.15-20.15		20.30-21.30			
<b>T</b>	Synrgy Gym Team	Mixed Pilates Sarah	Circuits Catherine	Hatha Yoga Michaela	Synrgy Gym Team	Spin Sam	Circuits Aaron	Intermediate Pilates Lesley	Spin & Abs Blast Sam	Beginner Pilates Lesley	Body Conditioning Carrie-Ann		Mixed Pilates Carrie-Ann	Ladies Free Weights Scarlett	
	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		19.45-20.30	20.35-21.35		
<b>F</b>					Mixed Pilates Catherine	LBT Sue			Spin & Abs Blast Lara	Circuits Lara	Synrgy Gym Team				
					12.15-13.00	12.30-13.15			17.15-18.00	18.00-18.45	19.00-19.30				
<b>S</b>			PT Blast Sharief												
			9.00-10.00												

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

The winter timetable runs from the week commencing 18 September 2016 throughout UWE Bristol term time. The timetable is subject to change during various times of the year.

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

You can now book your classes online at [www.uwe.ac.uk/sport](http://www.uwe.ac.uk/sport)

Cardio

Holistic

Combination

Conditioning

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.

**Cardio** **Holistic** **Combination** **Conditioning**

<b>Ab Attack</b>	A great addition to your regular fitness regime focusing exclusively on your abs; tone and sculpt and work towards a stronger core.
<b>Body Blitz</b>	Tailor your workout with the weights you want to strengthen all the major muscle groups with resistance exercises and fast results.
<b>Body by Design</b>	Combine high repetition training with aerobic conditioning to shape and tone your body. Ideal for both men and women.
<b>Body Conditioning</b>	This weights based class builds strength and tones your body with a mix of resistance and body weight exercises.
<b>Body Sculpt</b>	A dynamic workout designed to improve your core strength, burn calories and tone your body. The perfect blend of cardiovascular routines, light weights and resistant band exercises.
<b>Boxcircuits</b>	Increases your muscle tone and fitness whilst improving balance, timing and coordination with this effective form of aerobic training.
<b>Circuits</b>	Great for beginners and fitness freaks alike, this class will give you the ultimate cardiovascular and muscular workout.
<b>Fitness on Demand</b>	Grab some mates and choose your own workout. Our brand new Fitness on Demand service provides fun and motivating classes at the touch of a button.*
<b>Hatha Yoga</b>	Improve your strength and flexibility with a selection of guided movements, breathing exercises and traditional yogic relaxation.
<b>Insanity</b>	You definitely won't get cold this winter with this hot and sweaty, high intensity, fun filled session.
<b>Ladies Free Weights</b>	Join our resident weight lifter, Scarlett, with this dedicated session to fellow females lifters. Novice or pro, she'll instruct you on spotting and technique.
<b>Legs, Bums &amp; Tums (LBT)</b>	Feel the burn with a mix of resistance and cardiovascular exercises to shape and tone those hard to work areas.
<b>Pilates</b>	Work on your abs and lower back to improve core strength and posture through stretching , lengthening and strength exercises.
<b>PT Blast</b>	Kickstart your weekend as our resident PT's guide you through a range of different workouts from HIIT and Circuit to Strength and Conditioning.
<b>Spin</b>	Kill the calories, develop a sense of community and build a lasting lifestyle change with this upbeat and energising workout.
<b>Spin &amp; Abs Blast</b>	A great combination of our most demanding classes. Sure to get you building strength and guaranteed to work those difficult areas.
<b>Synrgy</b>	This intense Cross Fit style circuit will give you ideas for the gym and that little push to keep you motivated. Short and sharp but by no means easy.

[Cardiac Rehab Classes](#) and [Progression Circuits](#) are by GP referral only.

\*Check availability, book online and confirm with a member of the gym team upon arrival.