









# IN-PERSON INSTRUCTOR CLASSES

## 1 NOVEMBER TO 10 DECEMBER









Book and cancel all classes through your online account.










### MONDAY

 <b>8am</b> Oli 	<b>Vinyasa Yoga</b> <b>12.15pm</b> Annette 	<b>Body Blast</b> <b>1.15pm</b> Jim 	 <b>5.30pm</b> Jeni 	<b>Pure Pilates</b> <b>6.30pm</b> Hayley 	<b>Boxfit</b> <b>7.30pm</b> Sarah 
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### TUESDAY

<b>Core and More</b> (in the main hall) <b>10.30am</b> Team 	 <b>12.15pm</b> Naomi 	<b>Pilates</b> <b>1.15pm</b> Team 	 <b>5.30pm</b> Naomi 	 <b>6.30pm</b> Naomi 
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### WEDNESDAY

<b>Cardio Tennis</b> (at the Pavilion) <b>11am</b> Nick 	<b>Legs, Bums, and Tums</b> <b>12.15pm</b> Hayley 	<b>Yoga</b> <b>1.15pm</b> Monica 	<b>Pure Pilates</b> <b>5.30pm</b> Hayley 	 <b>6.30pm</b> Emma 	<b>Self Defence</b> <b>7.30pm</b> Jim 
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### THURSDAY

<b>Yoga</b> <b>7.45am</b> Michelle 	 <b>12.15pm</b> Jeni 	 <b>1.15pm</b> Team 	<b>Core and More</b> (in the main hall) <b>5pm</b> Team 	<b>Barre Fit</b> <b>5.30pm</b> Kealy 	<b>Power Pilates</b> <b>6.30pm</b> Kealy 
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### FRIDAY

 <b>12.15pm</b> Naomi 	<b>Stretch, Tone, and Relax</b> <b>1.15pm</b> Jeni 	 <b>4.45pm</b> Jim 	<b>Yoga</b> <b>5.30pm</b> Michelle 	<b>Groove</b>  <b>6.30pm</b> Michelle 
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### SATURDAY

<b>parkrun</b> (at the Pavilion) <b>9am</b>	 <b>9.15am</b> Naomi 	 <b>10.30am</b> Naomi 	 <b>11.30am</b> Hayley 	<b>Stretch and Mobility</b> <b>3pm</b> Team 
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### SUNDAY

<b>Yoga</b> <b>11am</b> Daniela 	 <b>3pm</b> Laetitia 
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Group Exercise in the dance studio at the Sports Centre

Group Exercise in the halls at the Sports Centre

Group Exercise across campus



## BOOT CAMPUS

Try our brand-new, outdoor exercise class on the first Wednesday of every month.

Boot Campus is an express/circuit-style class designed to suit all ability levels and is free for everyone to attend. Book through your online account.

The session meets and starts at the Tensegritree Sculpture outside Marlowe on central campus.