

Term Time - Class Programme

MONDAY

PILOXING	PUMP	STRONG BY ZUMBA	GRIT PLYO	CARDIO CYCLING	PILATES	20 MINUTE ABS	ALBT	STEP 'N TONE	BATTLE X
12:15-13:00	12:15-13:00	13:05-13:55	13:05-13:35	17:30-18:00	17:30-18:25	18:10-18:30	18:30-19:15	18:30-19:15	19:25-19:50

TUESDAY

GRIT CARDIO/STRENGTH	AEROBICS	CARDIO CYCLING	CIRCUITS	YOGA FITNESS	CARDIO COMBAT	ZUMBA	PUMP	BOXFIT
07:30-08:00	12:15-13:00	12:30-13:00	12:30-13:15	13:05-14:00	17:20-18:05	17:25-18:20	18:25-19:10	19:15-20:00

WEDNESDAY

CARDIO CYCLING	ALBT	PUMP	CARDIO CYCLING	KETTLEBELLS	YOGA FITNESS	20 MINUTE ABS
07:30-08:00	12:00-12:45	13:00-13:45	17:15-17:45	17:30-18:15	17:55-18:50	18:20-18:40

THURSDAY

FITBALL	BOXFIT	CARDIO TENNIS	CARDIO CYCLING	20 MINUTE ABS	GRIT STRENGTH	GUIDED MEDITATION	ALBT	ZUMBA	STEP 'N TONE	CIRCUITS
07:30-08:00	12:15-13:00	12:15-13:00	12:30-13:00	13:05-13:25	13:05-13:35	14:00-15:00	17:15-18:00	17:30-18:20	18:10-18:55	19:05-19:50

FRIDAY

KETTLEBELLS	DANCE FITNESS	GRIT CARDIO	BALLET FITNESS	AEROBICS	CARDIO CYCLING	GRIT STRENGTH	STRONG BY ZUMBA	20 MINUTE ABS
12:00-12:45	12:15-13:00	12:50-13:20	13:05-13:50	16:30-17:15	16:45-17:15	17:25-17:55	17:30-18:20	18:05-18:25

SATURDAY

KETTLEBELLS	CARDIO CYCLING	20 MINUTE ABS
09:00-09:45	10:00-10:30	10:45-11:05

SUNDAY

GRIT CARDIO	PUMP	YOGA
09:15-09:45	10:00-10:45	11:00-11:55

Download our 'UOP Sport' app. Book classes and get live updates on the class programme.