

Term Time - Class Programme (EXAMS)

EXAM CLASS PROGRAMME MONDAY 13 MAY - SUNDAY 2 JUNE

MONDAY

VIRTUAL BODYBALANCE	PILOXING	PUMP	STRONG BY ZUMBA	GRIT CARDIO	VIRTUAL SH'BAM	CARDIO CYCLING	PILATES	20 MINUTE ABS	ALBT	STEP 'N TONE
07:05-08:10	12:15-13:00	12:15-13:00	13:05-13:55	13:05-13:35	16:30-17:05	17:30-18:00	17:30-18:25	18:05-18:25	18:30-19:15	18:35-19:20

TUESDAY

VIRTUAL BODYCOMBAT	GRIT CARDIO/ STRENGTH	AEROBICS	GRIT ATHLETIC	CARDIO CYCLING	YOGA FITNESS	ZUMBA	VIRTUAL BODYCOMBAT	PUMP	BOXFIT
07:05-08:10	07:30-08:00	12:15-13:00	12:30-13:00	13:05-13:35	13:05-14:00	17:25-18:20	17:20-18:25	18:25-19:10	19:15-20:00

WEDNESDAY

CARDIO CYCLING	VIRTUAL CXWORX	ALBT	PUMP	BALLET FITNESS	VIRTUAL BODYCOMBAT	CARDIO CYCLING	KETTLEBELLS	YOGA FITNESS	20 MINUTE ABS
07:30-08:00	08:15-08:50	12:00-12:45	13:00-13:45	13:00-13:45	16:05-17:10	17:20-17:50	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 RELAXATION	VIRTUAL BODYCOMBAT	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	16:15-17:20	17:25-18:10	17:30-18:20	18:15-19:00	19:10-19:55

FRIDAY

VIRTUAL BODYBALANCE	KETTLEBELLS	BALLET FITNESS	GRIT CARDIO	20 MINUTE BOOTY BLAST	VIRTUAL BODYPUMP	AEROBICS	CARDIO CYCLING	GRIT STRENGTH	STRONG BY ZUMBA	20 MINUTE ABS
07:05-08:10	12:00-12:45	12:15-13:00	12:50-13:20	13:05-13:25	15:45-16:35	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	VIRTUAL SH'BAM	VIRTUAL BODYPUMP	VIRTUAL BODYBALANCE
09:00-09:45	10:00-10:30	10:45-11:05	11:00-11:50	12:00-13:05	13:15-14:

SUNDAY

PUMP	VIRTUAL BODYCOMBAT	YOGA	VIRTUAL SH'BAM	VIRTUAL CXWORX
10:00-10:45	10:45-11:50	11:00-11:55	12:00-12:50	13:00-13:35

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