

**SCAN TO BOOK**

FITNESS CLASSES:	DAY	TIME	VENUE
SPIN (Instructor-led)	MON & THU	MON 12:15-12:45 THU 17:00-17:40	SPIN STUDIO
Virtual SPIN* (No Instructor)	ALL WEEK	DURING GYM OPEN HOURS	SPIN STUDIO
PILATES Term-time only	WED	13:00-14:00	GYMNASIUM
CIRCUITS	WED	17:00-18:00	GYMNASIUM
CORE BLAST	TUE	TUE 12:10-13:10	GYMNASIUM & FIT LAB CFS102
BOXERCISE	FRI	12:00-13:00	GYMNASIUM & FIT LAB CFS102

**ALL FITNESS CLASSES ARE FREE – NO MEMBERSHIP REQUIRED –
PLEASE BOOK YOUR PLACE**

