

FITNESS CLASS TIMETABLE

CITY CAMPUS

MONDAY

CLASS	TIME	FACILITY
Studio	17:00	Fitness Studio
Cycling	17:45	
Yoga	18:00	Fitness Studio
	19:00	
Studio	17:00	Fitness Studio
Cycling	17:45	

TUESDAY

CLASS	TIME	FACILITY
Pilates	12:15	Fitness Studio
	13:00	
HIIT	13:00	Fitness Studio
	13:30	
ABSolution	17:00	Fitness Studio
	17:30	
Circuit	17:30	Fitness Studio
Training	18:15	

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WEDNESDAY

CLASS	TIME	FACILITY
Yoga	12:00 13:00	Fitness Studio
Les Mills BodyPUMP	17:00 17:45	Fitness Studio
Studio Cycling	18:00 18:45	Fitness Studio
Les Mills GRIT Strength	19:00 19:30	Fitness Studio
Les Mills GRIT Plyo	19:30 20:00	Fitness Studio

THURSDAY

CLASS	TIME	FACILITY
Les Mills SH'BAM	18:30 19:15	Fitness Studio

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FRIDAY

CLASS	TIME	FACILITY
HIIT	12:30	Fitness studio
	13:00	
Yoga	13:00	Fitness Studio
	14:00	

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Fitness Class Information

- Classes run during term time.
- A change to non-marking footwear is essential.
- The class timetable may be subject to change.
- Please inform the instructor of any medical condition prior to the class commencing.
- Arrive early as late admission will not be accepted.
- Once the class has reached capacity, no further entry will be allowed.
- You must present your receipt from reception to the class instructor. No receipt means no entry.

Fitness Class Booking Policy

Never miss your favourite class! You can now schedule your fitness classes for 7 days in advance so you have your week of workouts organised ahead of time.

Member Booking Process

- Bookings can be made seven days in advance of the class.
- Classes can be booked by telephone or at sports centre reception.
- When attending your booked session please visit reception to confirm your arrival.
- If a class is not cancelled (no show) or cancelled with less than 24 hours notice for 2 times or more in any 1 month period, the member will lose their advance booking rights for a period of one month.

Non-member Booking Process

- Bookings can be made 7 days in advance of the class.
- Classes can be booked by telephone or at sports centre reception and payment will be taken at the time of booking.
- If a booking needs to be cancelled a minimum of 24 hours notice should be given and you will be required to select an alternative class.
- If a class is not cancelled (no show) or cancelled with less than 24 hours, the customer will lose the option to select an alternative class and no refund will be given.