

Group Exercise Timetable: All classes

Day	Class	Time	Studio
Monday	Kettlebells*	0700 - 0800	3A
	Vinyassa Yoga*	1215-1315	1
	Zumba Gold	1330-1415	3
	Indoor Cycling*	1730-1815	3
	Pilates	1800-1900	1
	Body Combat Attack Mix*	1825-1945	3A
	Kettlebells	1830-1915	3
	Yoga	1905-2035	1
Zumba	1915-2000	3	

Classes in purple indicate the only classes running between 2nd & 16th July and will all take place in studio 1. This is due to RGU: SPORT hosting Cameroon Pre-Games Training.



During off peak hours, tickets are available for up to two classes if there is less than 20mins between classes

Day	Class	Time	Studio
Tuesday	Pilates*	0915-1030	1
	Aqua Aerobics*	1115-1200	pool
	Body Pump	1200-1245	3A
	Yoga*	1230-1330	1
	Cardiac Rehabilitation	1300-1400	3A
	Body Combat*	1755-1855	1
	Jog Scotland	1800 - 1900	out
	Indoor Cycling	1800 - 1845	3A
	Circuits*	1800-1900	S hall
	Body Balance*	1900-2000	1

Wednesday	Cycle Blast*	0700 - 0745	3A
	Cardiac Rehabilitation	1115 - 1215	3A
	Indoor Cycling*	1220 - 1250	3
	Legs Bums & Tums	1300 - 1345	3A
	Yoga*	1330 - 1430	1
	Cardiac Rehabilitation	1715 - 1815	3A
	Zumba*	1820 - 1920	3A
	Awareness Yoga	1900 - 2030	1
	Body Pump*	1935 - 2035	3A

Day	Class	Time	Studio
Thursday	Body Pump*	0700 - 0745	3A
	Pilates*	0915 - 1030	1
	Kettlebells*	1215 - 1300	3A
	Body Attack	1910 - 2010	3A
	Indoor Cycling*	1915 - 2000	3

Friday	Yoga*	1230 - 1330	1
	Body Pump*	1810 - 1910	3A

Saturday	Indoor Cycling*	0915 - 1000	3
	Abs Blast*	1010 - 1040	3A
	Body Balance*	1050 - 1150	3
	Body Attack	1050 - 1150	3A

Sunday	Body Attack*	1000 - 1100	3A
	Body Pump*	1115 - 1215	3A

SERIOUS ABOUT SPORT AND ACTIVITY

Group Exercise & Swimming Pool Timetable

21st May - 16th September 2012



RGU:SPORT

MONDAY

TUESDAY

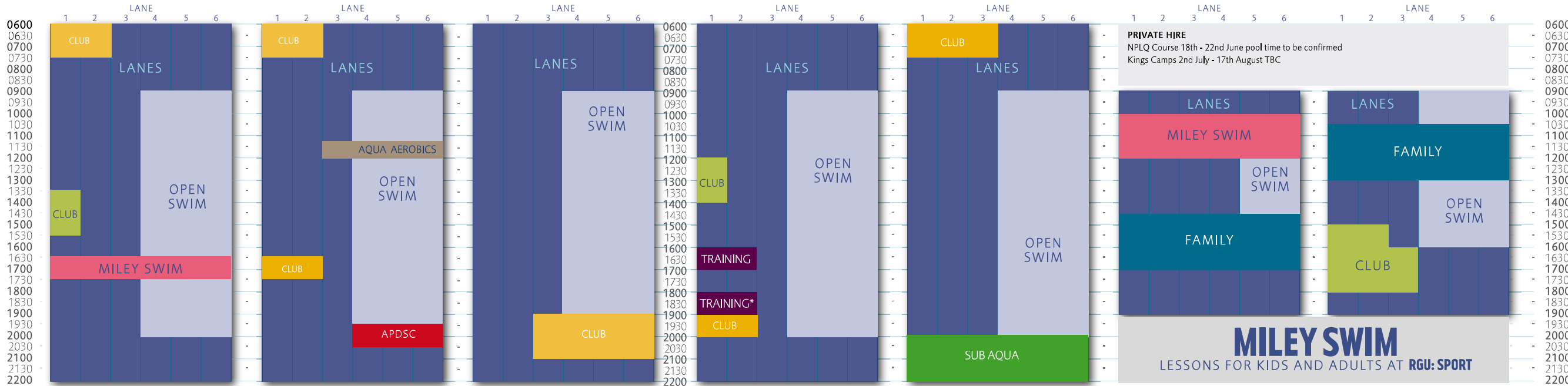
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



SWIMMING POOL TIMETABLE

21st May - 16th September 2012



Pool rules & lane etiquette apply
 • Bookings are subject to change refer to Plasmas, Web and Facebook for more information

PRIVATE HIRE
 NPLQ Course 18th - 22nd June pool time to be confirmed
 Kings Camps 2nd July - 17th August TBC

MILEY SWIM
 LESSONS FOR KIDS AND ADULTS AT **RGU: SPORT**