

Group Exercise & Swimming Pool Timetable



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RGU SPORT Recreational Activity

RGU Campus Walks

Great way to enhance your mental, physical and social wellbeing on our regular Campus walks led by an RGU SPORT member of staff.

Each Wednesday starting from the 10th of January. Meeting at the RGU SPORT Reception at 1230.

RGU SPORT Pickle Ball

Brand new for 2024! Working in partnership with Cults Lawn Tennis Club.

Fun coach led sessions each Wednesday from 10:15am, starting on 24th of January. Great introduction to the sport whilst being able to socialise and meet new people.

Sessions bookable online or at reception, £3.50 per session and open to all community, staff and student.

Recreational Badminton

Every Tuesday, 1700-1800, £3 per person, bookable online or at reception. Open to all abilities and all community, staff and students are welcome.

Visit our recreational sport page online for more information on all of our recreational activities or contact sportdevelopmentteam@rgu.ac.uk with any queries or questions.

Group Exercise Timetable

M	T	W	T	F	S
0800 - 0845 ¹ Pilates in Motion	0630 - 0715 ¹ Indoor Cycling Blast	0630 - 0715 ^{3A} Body Pump	0630 - 0715 ^{3A} Indoor Cycling	0930 - 1030 ¹ Chillates	0845 - 0930 ¹ Indoor Cycling
0900 - 1000 ¹ Pilates	0900 - 1000 ¹ Pilates	0900 - 1000 ¹ Chillates	0900 - 1000 ¹ Pilates	1100 - 1145 ^{Pool} Aqua Zumba	0945 - 1045 ¹ Pilates
1215 - 1315 ¹ Vinyasa Yoga	1115 - 1200 ^{Pool} Aqua Aerobics	1030 - 1115 ^{Pool} Aqua Aerobics	1010 - 1110 ¹ Legs, Bums & Tums	1215 - 1300 ^{3A} BODYPUMP	1000 - 1045 ^{3A} BODYATTACK
1730 - 1815 ¹ Indoor Cycling	1230 - 1330 ¹ Pilates	1045 - 1145 ^{3A} Cardiac Rehab	1115 - 1215 ^{3A} Steady & Ready	1230 - 1315 ¹ Zumba	1055 - 1125 ^{3A} Core Strength
1730 - 1800 ^{3A} BODYPUMP (EXP)	1300 - 1400 ^{3A} Cardiac Rehab	1100 - 1200 ^{Gym} TechnoGym	1230 - 1330 ¹ Yoga	1720 - 1805 ¹ YogaFit	S 0925 - 1005 ^{3A} BODYPUMP
1805 - 1835 ^{3A} Core Strength	1730 - 1800 ^{3A} HIITSTEP	1215 - 1300 ^{3A} BODYPUMP	1720 - 1805 ^{3A} Total Body Workout	1730 - 1815 ^{3A} Step	1020 - 1105 ¹ BODYBALANCE
1810 - 1855 ³ Zumba	1810 - 1855 ^{3A} BODYPUMP	1300 - 1400 ¹ Yin Yoga	1730 - 1815 ¹ BODYBALANCE		1115 - 1200 ¹ Barre Fitness
1830 - 1930 ¹ Pilates	1810 - 1855 ¹ Barre Fitness	1530 - 1630 ¹ Beginners' Yoga	1815 - 1845 ^{3A} Abs Blast		
1840 - 1910 ^{3A} BODYATTACK (EXP)	1905 - 2005 ¹ Restorative Yoga	1720 - 1805 ¹ Indoor Cycling	1825 - 1925 ¹ Yin Yoga		
		1745 - 1830 ^{3A} BODYSTEP	1825 - 1910 ³ Zumba		
		1825 - 1925 ¹ Pilates	1850 - 1935 ^{3A} BODYPUMP		
		1840 - 1910 ^{3A} Core Strength			
		1915 - 1945 ^{3A} BODYBALANCE (EXP)			

 Morning
  Afternoon
  Evening

 [Facebook.com/RGUSPORT](https://www.facebook.com/rgusport)

 @RGUSPORT

 01224 263666

*To book a space for Cardiac Rehab, please email rgusportenquiries.ac.uk

Group Exercise classes can be booked online.

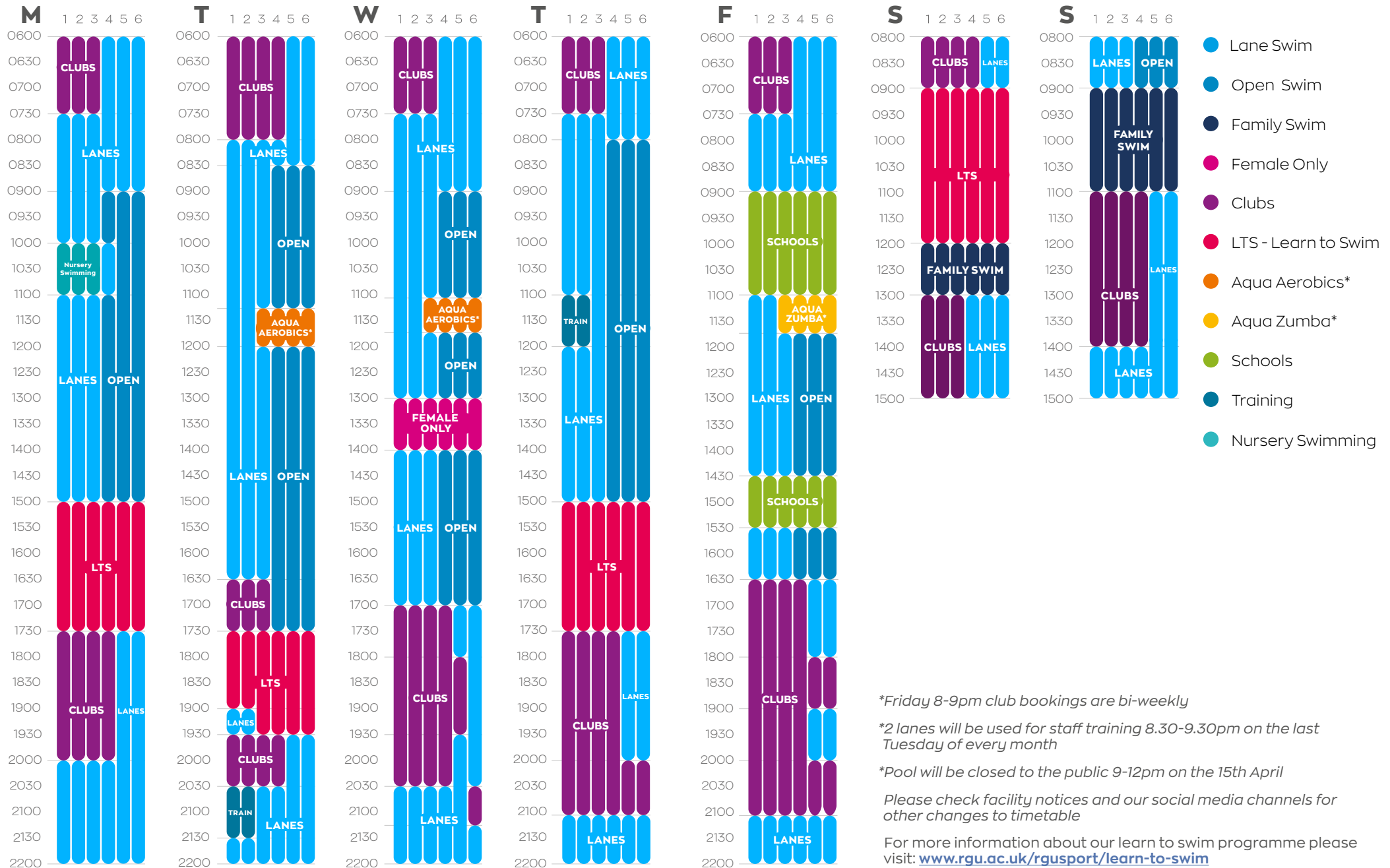
Visit [RGU SPORT - Leisure Hub](#)

Timetable correct on **13th December 2023** and is subject to change.

Attendance at all classes is monitored regularly. Therefore, all classes may be subject to change to reflect the attendance at the class. Classes may also be subject to change due to the commitment of the University.

Swimming Pool Timetable

Timetable runs from 3rd of January - 26th of May 2024. Pool rules and lane etiquette apply. Bookings are subject to change, please refer to notices on MyRGUSPORT, on plasmas throughout the facility and on social media for regular updates.



*Friday 8-9pm club bookings are bi-weekly

*2 lanes will be used for staff training 8.30-9.30pm on the last Tuesday of every month

*Pool will be closed to the public 9-12pm on the 15th April

Please check facility notices and our social media channels for other changes to timetable

For more information about our learn to swim programme please visit: www.rgu.ac.uk/rgusport/learn-to-swim