

## RGU SPORT Group Exercise Timetable

This timetable runs from 3<sup>rd</sup> January to 26 May 2024

### Monday

Pilates in Motion 08:00am to 08:45am in studio 1  
Pilates 09:00am to 10:00am in studio one  
Vinyasa Yoga 12:15pm to 13:15pm in studio one  
Indoor Cycling 17:30pm to 18:15pm in studio one  
Body Pump Express 17:30pm to 18:00pm in studio three A  
Core Strength 18:05pm to 18:35pm in studio three A  
Zumba 18:10pm – 18:55pm in studio three  
Pilates 18:30pm to 19:30pm in studio one  
Body Attack Express 18:40pm to 19:10pm in studio three A

### Tuesday

Indoor Cycling Blast 06:30am to 07:15am in studio one  
Pilates 09:00am to 10:00am in studio one  
Aqua Aerobics 1100am to 1145am in the pool  
Pilates 12:30pm to 13:30pm in studio one  
Cardiac Rehab 13:00pm to 14:00pm in studio three A\*  
HIITSTEP 17:30pm to 18:00pm in studio three A  
Barre Fitness 18:10pm to 18:55pm in studio one  
Body Pump 18:10pm to 18:55pm in studio three A  
Restorative Yoga 19:05pm to 20:05pm in studio one

### Wednesday

Body Pump 06:30am to 07:15am in studio three A  
Chillates 09:00am to 10:00am in studio one  
Aqua Aerobics 10:30am to 11:15am in the pool  
Cardiac Rehab 10:45am to 11:45am in studio three A\*  
Technogym 11:00am to 12:00pm in the gym

Body Pump 12:15pm to 13:00pm in studio three A  
Yin Yoga 13:00pm to 14:00pm in studio one  
Beginners Yoga 15:30pm to 16:30pm in studio one  
Indoor Cycling 17:20pm to 18:05pm in studio one  
Body Step 17:45pm to 18:30pm in studio three A  
Pilates 18:25pm to 19:25pm in studio one  
Core Strength 18:40pm to 19:10pm in studio three A  
BODYBALANCE (EXP) 19:15 to 19:45pm in studio three A

#### Thursday

Indoor Cycling 06:30am to 07:15am in studio one  
Pilates 09:00am to 10:00am in studio one  
Legs Bums and Tums 10:10am to 11:10am in studio one  
Steady and Ready 11:15 to 12:15 in studio three A  
Yoga 12:30pm to 13:30pm in studio one  
Total Body Workout 17:20pm to 18:05pm in studio three A  
Body Balance 17:30pm 18:15pm in studio three A  
Abs Blast 18:15pm to 18:45pm in studio three A  
Yin Yoga 18:20pm to 19:20pm in studio 1  
Zumba 18:25pm to 19:10pm in studio three  
Core Strength 18:45pm to 19:30pm in studio three A

#### Friday

Chillates 09:30am to 10:30am in studio one  
Aqua Zumba 11:00am to 11:45am in the pool  
Body Pump 12:15pm to 13:00pm in studio three A  
Zumba 1230pm to 13:15pm in studio three A  
YogaFit 17:20pm to 18:05pm in studio one  
Step 1730pm to 18:15pm in studio three A

## Saturday

Indoor Cycling 08:45am to 09:30am in studio one

Pilates 09:00am to 10:00am in studio one

Body Attack 10:00am to 10:45am in studio three A

Core Strength 10:55am to 11:25am in studio three A

## Sunday

Body Pump 09:25am to 10:05am in studio three A

Body Balance 10:15am to 11:00am in studio one

Barre Fitness 11:15am to 12:00pm in studio one

\*To book a space for Cardiac Rehab, please email [rgusportenquiries.ac.uk](mailto:rgusportenquiries.ac.uk)

Group Exercise classes can be booked online at Available Bookings - Leisure Hub ([rgu.ac.uk](http://rgu.ac.uk))

Timetable is correct from 13 December 2024 and is subject to change.