



Newcastle University

Group Exercise Class Timetable

Monday 07 September - Sunday 27 September 2020

Sports Centre

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

12.30-13.15 Gym Spin Zone	Spin Cycling Fraser	12.30-13.15 Studio 1&2	BODYPUMP Scott	12.30-13.00 Studio 1&2	Total Body HIIT Leila	12.30-13.15 Studio 1&2	Yoga Sally C	12.30-13.15 Gym Spin Zone	Spin Cycling Fraser
17.15-18.00 Studio 1&2	BODYPUMP	17.15-18.00 Studio 1&2	Pilates Paul	17.15-18.00 Studio 1&2	BODYPUMP Scott	17.15-18.00 Studio 1&2	BODYPUMP Melissa	17.15-18.00 Studio 1&2	Yoga Kate
		17.30-18.00 Gym Spin Zone	Spin HIIT Caroline			17.30-18.00 Gym Spin Zone	Spin HIIT Leila		
								Please Note: Classes are subject to change. Please log into our APP to see the most up to date group fitness class timetable.	
								NOTE: 1. Class booking is COMPULSORY. Please book online or via our app 2. Each class participant will have their own workout station 3. Participants are required to clean equipment BEFORE & AFTER use 4. No sharing of studio equipment 5. Participants are encouraged to arrive ready to train, bring their own water & Yoga/Pilates mat	