



# GROUP FITNESS CLASS TIMETABLE

**SUMMER VACATION : THURSDAY 4 JUNE 2026 - SUNDAY 20 SEPTEMBER 2026**

## MONDAY

12.30-13.20	PILATES (KATE)	STUDIO 1
12.30-13.15	SPIN 45 (FRASER)	SPIN STUDIO
17.15-18.00	PILATES (KIM)	STUDIO 3
17.15-18.00	BODYPUMP (SUSAN)	STUDIO 1
18:05-18:35	SPIN 30 (KIM)	SPIN STUDIO
18.15-19.00	ZUMBA (SILVIA)	STUDIO 1

## TUESDAY

07.30-08.15	SPIN 45 (SCOTT)	SPIN STUDIO
11.00-11.45	PILATES (KIM)	STUDIO 3
12.15-13.00	STAFF LOVE TO LIFT (TOM)	S&C 1
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	BODYPUMP (SCOTT)	STUDIO 1
17.30-18.00	ZUMBA (ALESSANDRA)	STUDIO 3
18.15-19.00	YOGALATES (CLAIRE)	STUDIO 3
19.05-19.35	SPIN 30 (CLAIRE)	SPIN STUDIO

## WEDNESDAY

07.30-08.15	SUNRISE YOGA (MOJGAN)	STUDIO 3
12.15-13.00	PILATES (KIM)	STUDIO 1
17.00-17.30	SPIN 30 (SCOTT)	SPIN STUDIO
17.35-18.20	YOGA (JOANNE)	STUDIO 3
17.40-18.25	BODYPUMP (SCOTT)	STUDIO 1
18.30-19.00	STRETCH (SCOTT)	STUDIO 1

## THURSDAY

07.30-08.00	SPIN 30 (SCOTT)	SPIN STUDIO
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	CONDITIONING (SCOTT)	STUDIO 1
17.10-17.55	PILATES (KIM)	STUDIO 1
17.30-18.00	SPIN 30 (CLAIRE)	SPIN STUDIO
18.00-18.30	HITT (KIM)	STUDIO 1
18.10-18.55	YOGALATES (CLAIRE)	STUDIO 3

## FRIDAY

12.05-12.40	SPIN 35 (FRASER)	SPIN STUDIO
12.45-13.30	YOGA (STEVE)	STUDIO 3
16.45-17.30	YOGA (KATE)	STUDIO 3
17.45-18.15	SPIN 30 (SARAH)	SPIN STUDIO
18.20-19.00	YOGALATES (SARAH)	STUDIO 3

## SATURDAY

09.30-10.00	SPIN 30 (SCOTT)	SPIN STUDIO
10.00-10.45	BARRE (TONY)	STUDIO 3
10.15-11.00	BODYPUMP (SCOTT)	STUDIO 1
11.05-11.35	STRETCH 30 (SCOTT)	STUDIO 1

## SUNDAY

10.00-10.45	PILATES (KIM)	STUDIO 1
10.50-11.20	SPIN 30 (KIM)	SPIN STUDIO



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