

Group Exercise Timetable

Term 1 2019 Saturday 5 October - Sunday 8 December

Sports Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07.30-08.15 Gym Spin Zone Spin Cycling Sally		07.45-08.15 Gym Spin Zone Spin HIIT Leila	07.45-08.15 Studio 2 Les Mills BODYPUMP Scott		
					10.15-11.00 Studio 2 Kettlebells Sally	10.30-11.00 Gym Spin Zone Spin HIIT Sarah
12.30-13.15 Studio 2 Bootcamp Leila			12.15-12.45 Studio 2 Conditioning Scott	12.30-13.15 Studio 1 Les Mills BODYCOMBAT Mike	11.15-12.00 Gym Spin Zone Spin Cycling Sally	11.15-12.00 Studio 2 Les Mills BODYPUMP Sarah
12.30-13.15 Gym Spin Zone Spin Cycling Fraser	12.15-13.00 Studio 1 Yoga Melissa	12.05-12.30 Studio 1 & 2 CORE Leila	12.30-13.15 Studio 1 Yoga Sally C	12.30-13.15 Gym Spin Zone Spin Cycling Fraser	12.15-13.00 Studio 1 Pilates Sally	
12.30-13.15 Studio 1 BARRE & CORE Melissa	13.00-13.45 Studio 2 Les Mills BODYPUMP Scott	12.30-13.00 Studio 1 & 2 MetaPWR Leila	12.50-13.15 Studio 2 CORE Scott	12.30-13.00 Studio 2 MetaPWR Nina / Leila		17.30-18.00 Gym Spin Zone Spin HIIT Sheryl
17.10-17.55 Studio 1 Pilates Sally	17.15-18.00 Studio 2 Les Mills BODYPUMP Nina	17.00-18.00 Studio 1 Yoga Kate	17.15-18.00 Studio 2 Les Mills BODYPUMP Mike	17.00-18.00 Studio 2 Yoga Kate	18.00-18.30 Studio 2 P90X Leila	18.15-18.45 Studio 1 CORE Sheryl
17.10-17.55 Studio 2 Les Mills BODYPUMP Mike	17.30-18.15 Studio 1 Pilates Paul	17.15-18.00 Studio 2 Les Mills BODYPUMP Scott	17.30-18.15 Gym Spin Zone Spin Cycling Leila	18.10-18.55 Studio 2 Les Mills BODYPUMP Melissa	18.35-19.00 Studio 2 CORE Leila	
18.10-18.55 Studio 1 Les Mills BODYATTACK Mike	17.30-18.00 Gym Spin Zone Spin HIIT Caroline	17.30-18.00 Gym Spin Zone Spin HIIT Julie	17.15-17.45 Studio 1 BARRE Melissa	<p>Get the Sports Centre App</p> <ul style="list-style-type: none"> • Manage bookings on your phone • Add them to your calendar • Share with friends <p>Search Newcastle University Sport in the App Store or Google Play</p> 		
18.15-18.45 Studio 2 MetaPWR Leila	18.15-19.00 Studio 2 Les Mills BODYCOMBAT Caroline	18.05-18.30 Studio 2 CORE Scott	17.50-18.30 Studio 1 JAZZ FIT Melissa			
		18.15-19.00 Studio 1 Zumba Julie	18.10-18.55 Studio 2 Les Mills BODYATTACK Mike			