

# Health, Fitness & Sport

Monday	Tuesday	Wednesday	Thursday	Friday
Non-Contact Boxing Student Centre 12.00noon – 1.00pm	Gym (members only) College Gym 12.00noon – 1.00pm	Gym (members only) College Gym 12.00noon – 1.00pm	Gym (members only) College Gym 12.00noon – 1.00pm	Free Pool Friday Student Centre 10.00am – 2.00pm
Gym (members only) College Gym 12.00noon – 1.00pm	Circuits College Gym 12.30pm – 1.00pm	Box Fit College Gym 12.30pm – 1.00pm	Gym (members only) College Gym 4.00pm – 6.00pm	Gym (members only) College Gym 1.00pm – 2.00pm
Gym (members only) College Gym 4.00pm – 5.00pm	Disability Football Sports Hall 1.30pm – 2.30pm	Gym (members only) College Gym 4.00pm – 6.00pm		Gym (members only) College Gym 4.00pm – 6.00pm
	Gym (members only) College Gym 4.00pm – 6.00pm			Staff Football Sports Hall 4.30pm – 6.00pm

Green = Students Free / Staff £1.50

Yellow = Gym membership