

Health, Fitness & Sport (from 28 October)

Monday	Tuesday	Wednesday	Thursday	Friday
Gym (members only) College Gym 12.00noon – 1.00pm	Gym (members only) College Gym 12.00noon – 1.00pm	ASD Fitness College Gym 10.15am – 12.00noon	Gym (members only) College Gym 12.00noon – 1.00pm	Yoga Dance Studio 8.45am – 9.45pm
Circuits College Gym 12.00noon – 1.00pm	Box-Fit College Gym 12.00noon – 1.00pm	Non-Contact Boxing Student Centre 12.00noon – 1.00pm	HIIT College Gym 12.00pm – 1.00pm	Staff Only Gym College Gym 9.00am – 10.00pm
Gym (members only) College Gym 4.00pm – 6.00pm	Gym Induction College Gym 12.30pm – 1:00pm	Gym (members only) College Gym 12.00noon – 1.00pm	Gym (members only) College Gym 4.00pm – 6.00pm	Free Pool Friday Student Union 10.00am – 11.00pm
	Pro Ability Sports Sports Hall 1.15pm – 2.15pm	Gym Induction College Gym 12.30pm – 1:00pm	Badminton Sports Hall 4.30pm-6.00pm	Team Competitions Student Union 11.00am – 12.00noon
	Gym (members only) College Gym 4.00pm – 6.00pm	5-a-side Football Sports Hall 1.00pm – 2.00pm		Staff Football Sports Hall 4.30pm – 6.00pm
		Yoga (booking required) Student Union 2.30pm – 3.30pm		
		Gym (members only) College Gym 4.00pm – 6.00pm		

Green = Students Free / Staff £2

Yellow = Membership

Red = Staff only