

# Health, Fitness & Sport (from October 28)

Monday	Tuesday	Wednesday	Thursday	Friday
Gym (members) College Gym 08.30am – 10.00am	Gym (members) College Gym 8.30am – 10.00am	Gym (members) College Gym 8.30am – 10.00am	Gym (members) College Gym 8.30am – 10.00am	Gym (members) College Gym 8.30am – 10.00am
Gym (members) College Gym 12.00noon – 1.00pm	Gym (members) College Gym 12.00noon – 1.00pm	ASD Fitness College Gym 10.30am – 12.00noon	Gym (members) College Gym 12.00noon – 1.00pm	Staff Yoga Dance Studio 8.45am – 9.45pm
Circuits College Gym 12.30pm – 1.00pm	Stretch & Tone College Gym 12.30pm – 1.00pm	Gym (members) College Gym 12.00noon – 1.00pm	HIIT College Gym 12.30pm – 1.00pm	Free Pool Friday Students' Union 10.00am – 11.00pm
Gym (members) College Gym 3.00pm – 4.30pm	Gym (members) College Gym 3.00pm – 4.30pm	Non-Contact Boxing College Gym 12.00noon – 1.00pm	Gym (members) College Gym 3.00pm – 4.30pm	Gym (members) College Gym 12.00noon – 1.00pm
		5-a-side Football Sports Hall 12.15pm – 1.00pm		Staff Football Sports Hall 4.30pm – 6.00pm
		Gym (members) College Gym 3.00pm – 4.30pm		