

TERM 3 TIMETABLE

TIMETABLE IS SUBJECT TO CHANGE – PLEASE VISIT SPORTANDFITNESS.BHAM.AC.UK/TIMETABLES

06:00 – 11:30 (OFF PEAK)					11:30 – 13:30 (PEAK)					13:30 – 15:30 (OFF PEAK)	15:30 – 20:00 (PEAK)						20:00 – 22:30 (OFF PEAK)
MONDAY	07:00 – 07:30 Sprint Cycle Studio Kyle	07:40 – 08:10 CXWorx Studio 1 Kyle	10:40 – 11:40 Body Combat Studio 1 Jan		12:00 – 12:45 Beginner's Cycle Cycle Studio Adrian	12:15 – 13:15 Pilates Studio 2 Claire	12:30 – 13:15 Aqua Fit Pool Esther	13:00 – 13:45 Beginner's Yoga Dojo Sarah		14:10 – 15:00 RPM Cycle Studio Yvonne	16:30 – 17:15 Abs Tone Studio 1 Dennis	17:00 – 18:00 Hatha Yoga Dojo Roo	17:25 – 18:25 Circuits Studio 1 Dennis	18:00 – 18:55 Pilates Dojo Esther	18:30 – 19:30 Cycle Cycle Studio Chris A	19:00 – 20:00 Vinyasa Flow Yoga Dojo Emily	20:10 – 21:10 Body Jam Studio 1 Michelle E
	07:15 – 08:15 Vinyasa Flow Yoga Dojo Emily	09:30 – 10:35 Body Pump Studio 1 Jan	10:45 – 11:45 Body Balance Studio 2 Yvonne		12:10 – 13:00 Body Vive Studio 1 Yvonne	12:15 – 13:15 Intro to Strength Training Ergo Room Chris S	12:45 – 13:45 Cycle Cycle Studio Adrian	13:00 – 13:50 Body Pump Studio 1 Yvonne			17:00 – 17:50 Beginner's Cycle Cycle Studio Esther	17:15 – 18:15 Strength Training Ergo Room Chris S	17:55 – 18:25 Sprint Cycle Studio Helen	18:00 – 19:00 LBT Tone Studio 2 Olga	18:30 – 19:00 Grit Studio 1 Helen	19:00 – 20:05 Body Pump Studio 1 Esther	
TUESDAY	06:45 – 07:35 Body Pump Studio 1 Esther	07:30 – 08:30 Cycle Cycle Studio Chris Z	09:30 – 10:30 Body Attack Studio 1 Nat	11:15 – 12:00 Pilates Studio 2 Laura	12:10 – 12:55 Body Balance Studio 1 Yvonne	12:30 – 13:15 Swim Fitness Pool Kieron	13:00 – 14:00 Vinyasa Flow Yoga Dojo Emily	13:05 – 13:50 Body Vive Studio 1 Laura		14:00 – 14:50 Beginner's Cycle Cycle Studio Michelle E	16:15 – 17:15 Zumba Studio 1 Yasmin	17:00 – 18:00 Cycle Cycle Studio Sophie	17:15 – 18:15 Women's Weights Ergo Room Wayne	18:00 – 19:30 Iyengar Yoga Dojo Audrey	18:15 – 19:05 Body Pump Studio 1 Helen	19:10 – 19:40 Sprint Cycle Studio Helen	20:00 – 21:00 LBT Tone Studio 1 Vicki
	07:30 – 08:15 Wake up Yoga Dojo Emily	08:00 – 08:45 Pilates Medical School Esther	10:30 – 11:05 Body Pump Express Studio 1 Nat		12:15 – 13:00 Abs Tone Studio 2 Laura	13:00 – 13:45 Women's Weights Ergo Room Wayne	13:05 – 13:50 RPM Cycle Studio Yvonne			15:00 – 16:00 Body Balance Studio 1 Michelle E	17:00 – 18:00 Boot Camp Reception Dennis	17:05 – 18:05 Body Vive Studio 2 Yvonne	17:15 – 18:15 Body Combat Studio 1 Shereece	18:05 – 19:05 Cycle Cycle Studio Paul	18:15 – 19:15 Circuits Studio 2 Dennis	19:10 – 20:00 Body Attack Studio 1 Patrick	
WEDNESDAY	06:35 – 07:25 RPM Cycle Studio Kyle	07:30 – 08:30 Dynamic Yoga Dojo Sarah	09:30 – 10:30 Body Combat Studio 1 Laura	11:15 – 12:15 Abs Tone Studio 2 Dennis	12:00 – 12:45 Aqua Natal Pool Jacque	12:00 – 13:00 Women's Weights Ergo Room Chris S	12:30 – 13:00 CXWorx Studio 1 Jan	13:00 – 13:45 Pilates Studio 2 Claire		13:30 – 14:00 Sprint Cycle Studio Emma	16:15 – 17:15 Boxercise Studio 1 David	17:15 – 18:15 Body Attack Studio 1 Emma	18:00 – 18:55 Beginner's Cycle Cycle Studio Alba	18:00 – 19:00 Zumba Studio 2 Olga	19:00 – 20:00 Cycle Cycle Studio Alba		20:05 – 20:55 RPM Disco Cycle Studio Simon
	07:30 – 08:15 Body Attack Studio 1 Helen	07:30 – 08:30 Cycle Cycle Studio Laura	10:30 – 11:35 Body Pump Studio 1 Laura	11:15 – 12:15 Beginner's Cycle Cycle Studio Esther	12:00 – 13:00 Ashtanga Yoga Pool Robin	12:15 – 13:00 Cycle Cycle Studio Laura	12:45 – 13:30 Aqua Fit Pool Esther	13:00 – 14:00 Zumba Studio 1 Jan		14:00 – 15:00 Beginner's Pilates Studio 2 Esther	17:05 – 17:55 RPM Cycle Studio Yvonne	17:15 – 18:00 Body Balance Studio 2 Helen	18:00 – 19:00 Women's Yoga Dojo Sarah	18:15 – 19:20 Body Pump Studio 1 Yvonne	19:30 – 20:00 Grit Studio 1 Simon		20:30 – 21:30 Body Step Athletic Studio 1 Zoe
THURSDAY	07:00 – 07:30 Grit Studio 1 Oli	07:30 – 08:30 Tai Chi Studio 2 Yang	09:30 – 10:20 RPM Cycle Studio Yvonne	10:45 – 11:45 Beginner's Pilates Studio 2 Esther	12:00 – 12:45 Pilates Studio 2 Esther	12:15 – 12:45 Sprint Cycle Studio Emma	12:30 – 13:15 Swim Fitness Pool Kieron	13:00 – 14:00 Hatha Yoga Dojo Roo		14:00 – 15:00 Cycle Cycle Studio Laura	16:00 – 17:00 Body Jam Studio 1 Michelle E	17:05 – 18:05 Body Pump Studio 1 Michelle E	17:15 – 18:15 LBT Tone Beginners Studio 2 Hema	18:10 – 19:10 Cycle Cycle Studio Paul	18:15 – 19:15 Total Body HIIT Ergo Room Janine		20:15 – 21:15 Zumba Studio 1 Vincenza
	07:30 – 08:30 Cycle Cycle Studio Chris Z	07:30 – 08:00 CXWorx Studio 1 Oli	10:30 – 11:15 Body Vive Studio 1 Yvonne	11:20 – 11:50 Body Attack Express Studio 1 Emma	12:10 – 13:00 Body Pump Studio 1 Yvonne	12:15 – 13:00 Strength Training Ergo Room Wayne	13:00 – 13:45 Beginner's Cycle Cycle Studio Esther	13:05 – 13:50 Body Balance Studio 1 Yvonne			17:05 – 18:05 Cycle Cycle Studio Sophie	17:15 – 18:15 Women's Weights Ergo Room Janine	17:30 – 18:30 Beginner's Yoga Dojo Jo	18:15 – 19:15 Body Attack Studio 1 Helen	19:15 – 20:15 Body Balance Studio 1 Yvonne		
FRIDAY	06:40 – 07:25 Cycle Cycle Studio Adrian	07:30 – 08:30 Cycle Cycle Studio Paul	09:30 – 10:30 Body Combat Studio 1 Nat	10:30 – 11:35 Body Pump Studio 1 Nat	12:00 – 13:00 Hatha Yoga Dojo Natalie	12:15 – 13:15 Women's Weights Ergo Room Wayne	13:00 – 13:45 Cycle Cycle Studio Esther	13:00 – 14:00 Body Vive Studio 1 Laura		14:00 – 15:00 Beginner's Circuits Studio 1 Dennis	16:15 – 17:15 Body Balance Studio 1 Yvonne	17:00 – 18:00 Boot Camp Studio 2 Dennis	17:20 – 18:20 Body Combat Studio 1 Laura	18:00 – 18:30 Grit Studio 2 Simon	18:30 – 19:00 Abs Tone Studio 2 Simon		19:30 – 20:30 Party Step Studio 1 Zoe
	07:10 – 08:15 Body Pump Studio 1 Helen	07:30 – 08:30 Wake up Yoga Dojo Roo	10:30 – 11:30 Tai Chi Studio 2 Yang		12:00 – 13:00 Circuits Studio 1 Dennis	12:30 – 13:15 Aqua Fit Pool Michelle E	13:00 – 14:00 Advanced Ashtanga Yoga Dojo Robin	13:05 – 13:50 Abs Tone Studio 2 Dennis		15:00 – 16:00 Pilates Studio 1 Laura	16:15 – 17:15 Cycle Cycle Studio Laura	17:15 – 18:15 Strength Training Ergo Simon D	17:25 – 18:10 RPM Cycle Studio Yvonne	18:20 – 19:25 Body Pump Studio 1 Esther			

07:00 – 08:00 (OFF PEAK)		08:30 – 13:00 (PEAK)										13:00 – 20:00 (OFF PEAK)						
SAT	07:30 – 08:30 Cycle Cycle Studio Sophie	08:20 – 08:50 Grit Studio 1 Simon	09:00 – 10:00 Body Attack Studio 1 Helen	09:15 – 10:00 RPM Cycle Studio Kyle	09:30 – 10:30 Pilates Dojo Fer	10:00 – 11:05 Body Pump Studio 1 Helen	10:10 – 11:10 Cycle Cycle Studio Paul/Abbie	11:00 – 12:00 Strength Training Ergo Room Joe	11:15 – 12:15 Cycle Cycle Studio Paul/Abbie	11:15 – 12:15 Body Vive Studio 1 Yvonne								

07:00 – 20:00 (OFF PEAK)													
SUN	09:10 – 10:00 Beginner's Cycle Cycle Studio Jacqui	09:20 – 10:25 Body Pump Studio 1 Yvonne	09:30 – 11:00 Iyengar Yoga Dojo Audrey	10:00 – 11:00 Cycle Cycle Studio Jacqui	10:30 – 11:00 Grit Studio 1 Janine	11:05 – 11:55 RPM Cycle Studio Yvonne	11:05 – 12:05 Total Body HIIT Ergo Room Janine	11:30 – 12:30 Body Combat Studio 1 Sue	12:00 – 12:45 Aqua Fit Pool Jacqui	13:00 – 14:00 Body Jam Studio 1 Michelle S	14:00 – 15:05 Body Pump Studio 1 Laura	15:10 – 16:10 Body Balance Studio 1 Laura	19:00 – 20:00 Vinyasa Flow Yoga Studio 2 Jo

KEY

CARDIO **DANCE** **SMALL GROUP TRAINING**

AQUA **HOLISTIC**

TONING