

**SUMMER VACATION (2 JULY – 23 SEPTEMBER 2018) TIMETABLE IS SUBJECT TO CHANGE – PLEASE VISIT [SPORTANDFITNESS.BHAM.AC.UK/TIMETABLES](http://SPORTANDFITNESS.BHAM.AC.UK/TIMETABLES) OR DOWNLOAD OUR APP**

	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	07:00-07:45 Wake Up Yoga Studio 2 Sarah	09:30-10:35 Body Pump Studio 1 Jan	11:35-12:20 Tone Studio 1 Yvonne	12:15-13:15 Pilates Studio 2 Claire	12:40-13:25 Aqua Fit Pool Yvonne	13:00-13:50 Body Pump Studio 1 Esther	14:00-15:00 Flow Yoga Dojo Roo	16:30-17:00 Abs Tone Studio 1 Dennis	17:15-18:15 Circuits Studio 1 Dennis	18:00-19:00 Pilates Dojo Esther	18:15-19:15 Women's Weights Ergo Chris S	19:10-20:10 LBT Studio 2 Esther	19:15-20:00 Aqua Fit Pool Olga
	07:00-07:30 Sprint Cycle Studio Kyle	10:40-11:30 RPM Cycle Studio Jan		12:30-13:15 Cycle Cycle Studio Adrian	13:00-13:45 Beginner's Yoga Dojo Tina	13:15-14:15 Women's Weights Perf Gym Sarah G		17:00-18:00 Hatha Yoga Dojo Roo	17:15-18:15 Strength Training Ergo Chris S	18:05-18:35 Sprint Cycle Studio Helen/Emma B	18:40-19:10 GRIT Studio 1 Helen	19:15-20:15 Body Pump Studio 1 Emma B	
TUESDAY	06:45-07:35 Body Pump Studio 1 Esther	07:30-08:30 Wake Up Yoga Dojo Victoria	10:30-11:15 Body Pump Studio 1 Nat	12:15-13:15 Flow Yoga Dojo Nick	13:00-13:45 Tone Studio 1 Laura	13:05-13:50 RPM Cycle Studio Yvonne		16:15-17:15 Zumba Studio 1 Yasmin	17:15-18:00 Body Balance Dojo Helen	17:25-18:25 Tone Studio 2 Yvonne	18:15-19:05 Body Pump Studio 1 Helen	19:10-20:00 Sh'Bam Studio 1 Helen	20:00-21:00 LBT Studio 1 Vicki
	07:15-08:15 Cycle Cycle Studio Chris Z	09:30-10:30 Body Attack Studio 1 Nat	11:15-12:00 Pilates Studio 2 Laura	12:30-13:15 Swim Fitness Pool Kieron	13:00-13:45 Women's Weights Ergo Wayne		17:00-18:00 Cycle Cycle Studio Sophie	17:15-18:15 Women's Weights Perf Gym Wayne	18:05-19:05 Cycle Cycle Studio Paul	18:15-19:15 Yin Yoga Dojo Roo			
WEDNESDAY	06:35-07:25 RPM Cycle Studio Kyle	07:30-08:00 CXWorx Studio 1 Kyle	10:00-11:00 Yin Yoga Dojo Roo	12:00-13:00 Ashtanga Yoga Dojo Robin	12:30-13:00 CXWorx Studio 1 Jan		14:00-15:00 Beginner's Pilates Studio 2 Esther	16:00-17:00 Arms & Abs Ergo Sarah G	17:00-18:00 Glutes & Legs Ergo Sarah G	18:00-19:00 Women's Yoga Dojo Medina	18:05-19:05 LBT Studio 2 Olga	19:40-20:30 Sh'Bam Studio 1 Kyle	
	07:30-08:30 Wake Up Yoga Dojo Sarah F	09:30-10:30 Body Combat Studio 1 Laura	10:30-11:35 Body Pump Studio 1 Laura	12:15-13:00 Cycle Cycle Studio Laura	12:30-13:15 Aqua Fit Pool Esther		16:20-17:20 Boxercise Studio 1 David	17:05-17:55 RPM Cycle Studio Yvonne	18:00-19:00 Cycle Cycle Studio Abbie	18:30-19:35 Body Pump Studio 1 Kyle			
THURSDAY	07:15-08:00 Pilates *NEW* Dojo Nick	08:15-09:15 Flow Yoga *NEW* Dojo Nick	10:30-11:25 Tone Studio 1 Yvonne	12:10-13:00 Body Pump Studio 1 Esther	12:30-13:15 Swim Fitness Pool Kieron	13:00-14:00 Hatha Yoga Dojo Roo	14:00-15:00 Upper Body Conditioning Ergo Laura	17:05-18:05 Cycle Cycle Studio Sophie	17:15-18:15 Women's Weights Ergo Janine	18:15-19:15 Body Attack Studio 1 Helen	19:15-20:15 Body Balance Studio 1 Yvonne		20:15-21:15 Zumba Studio 1 Vincenza
	07:30-08:30 Cycle Cycle Studio Chris Z	09:30-10:20 RPM Cycle Studio Yvonne		12:15-12:45 Sprint Cycle Studio Emma B	13:00-14:00 Cycle Cycle Studio Laura		17:10-18:15 Body Pump Studio 1 Michelle	18:10-19:10 Cycle Cycle Studio Paul	18:15-19:15 Total Body HIIT Ergo Janine				
FRIDAY	07:00-08:05 Body Pump Studio 1 Helen/Emma B	07:30-08:30 Cycle Cycle Studio Paul	10:30-11:35 Body Pump Studio 1 Nat	12:00-13:00 Hatha Yoga Dojo Natalie	12:30-13:15 Cycle Cycle Studio Esther	12:30-13:15 Abs Tone Studio 2 Dennis	15:00-16:00 Pilates Studio 2 Laura	16:15-17:15 Cycle Cycle Studio Laura	17:00-18:00 Circuits Studio 2 Dennis	17:20-18:20 Body Combat Studio 1 Laura	18:00-18:30 GRIT Studio 2 Sharyn	18:20-19:25 Body Pump Studio 1 Esther	19:15-20:15 Flow Yoga Studio 2 Richard
	07:30-08:30 Wake Up Yoga Dojo Roo	09:30-10:30 Body Combat Studio 1 Nat	10:30-11:30 Tai Chi Dojo Yang	12:15-13:00 Women's Weights Perf Gym Wayne	12:30-13:15 Aqua Fit Pool Michelle	13:00-13:45 Tone Studio 1 Laura		16:30-17:15 Body Balance Studio 1 Yvonne	17:15-18:15 Women's Weights Perf Gym Simon D	17:25-18:10 RPM Cycle Studio Yvonne	18:10-18:55 Aqua Natal Pool Jacque	18:40-19:10 CXWorx Studio 2 Sharyn	

	07:00-08:30 (OFF PEAK)	08:30-13:00 (PEAK)		
SATURDAY	09:15-10:00 Body Attack Studio 1 Helen	09:30-10:30 Dynamic Yoga Dojo Fer	10:05-11:10 Body Pump Studio 1	11:15-12:15 Tone Studio 1 Yvonne
	09:15-10:05 RPM Cycle Studio Kyle	10:00-11:00 Women's Weights Perf Gym Simon D	10:10-11:10 Cycle Cycle Studio Abbie/Paul	12:15-13:15 Body Balance Studio 1 Helen

	07:00-20:00 (OFF PEAK)					
SUNDAY	09:00-10:00 Strength Training Perf Gym Janine	10:00-11:00 Women's Weights Perf Gym Janine	11:00-12:00 Total Body HIIT Perf Gym Janine	12:00-12:45 Aqua Fit Pool Jacqui	13:10-13:55 Body Jam Studio 1 Eloise	15:10-16:10 Body Balance Studio 1 Laura
	09:30-11:00 Iyengar Yoga Dojo Ruth	10:20-11:20 Cycle Cycle Studio Jacqui	11:30-12:30 Body Combat Studio 1 Sue K	12:35-13:05 Barre *NEW* Eloise	14:00-15:05 Body Pump Studio 1 Laura	19:00-20:00 Flow Yoga Studio 1 Richard

**KEY**

- **CARDIO**
- **DANCE**
- **AQUA**
- **HOLISTIC**
- **TONING**
- **SMALL GROUP TRAINING (SGT)**
- ★ **CLASS OFF-PEAK FOR THE SUMMER VACATION**
- ☺ **CLASS SUITABLE FOR 14+**

**PERFORMANCE GYM**

**SOME SGT CLASSES ARE LOCATED IN THE PERFORMANCE GYM FOR THE SUMMER VACATION – THIS ROOM IS LOCATED ON THE SECOND FLOOR - PLEASE WAIT OUTSIDE THE DOJO FOR YOUR INSTRUCTOR TO COLLECT YOU**