

# TERM 1 FITNESS CLASSES

## MONDAY 18 SEPTEMBER TO FRIDAY 15 DECEMBER 2017

## SPORTS PARK CLASSES

v = VIRTUAL CLASSES

Monday			
Activity	Start	End	Location
Synrgy	07:30	08:00	Gym
Grit Cardio v	08:00	08:30	Studio 1
Body Blast	12:15	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Kettlebells	12:30	13:30	Studio 2
Pilates	13:00	14:00	Studio 1
BodyBalance™	16:00	17:00	Studio 1
Indoor Cycling	17:15	18:00	Studio 1
Circuits	17:15	18:00	Sports Hall
BodyCombat™	18:00	19:00	Studio 2
BodyAttack™	18:15	19:15	Studio 1
BodyPump™	19:30	20:30	Studio 2
Yoga	19:30	21:00	Studio 1

Tuesday			
Activity	Start	End	Location
Sufferfest™	07:00	07:45	Studio 1
Synrgy	07:30	08:00	Gym
Yoga	12:00	13:00	Studio 1
Body Blast	12:15	13:00	Studio 2
Synrgy	12:30	13:00	Gym
Pilates	13:15	14:00	Studio 1
BodyPump™ v	14:15	15:15	Studio 1
BodyCombat™	17:15	18:15	Studio 2
Yoga	17:30	18:30	Studio 1
BodyPump™	18:30	19:30	Studio 2
Indoor Cycling	18:45	19:30	Studio 1
Pilates	19:45	20:45	Studio 1

Wednesday			
Activity	Start	End	Location
Indoor Cycling	07:00	07:45	Studio 1
Synrgy	07:30	08:00	Gym
Grit Strength v	08:00	08:30	Studio 1
Indoor Cycling	12:00	12:45	Studio 1
Zumba	12:15	13:15	Studio 2
Synrgy	12:30	13:00	Gym
Yoga	13:00	14:00	Studio 1
BodyCombat™ v	14:30	15:30	Studio 1
Ashtanga Yoga	16:00	17:20	Studio 1
BodyAttack™	17:30	18:30	Studio 1
Pilates	18:45	19:45	Studio 1
BodyPump™	18:45	19:45	Studio 2
Kettlebells	20:00	21:00	Studio 1

Thursday			
Activity	Start	End	Location
Sufferfest™	07:00	08:00	Studio 1
Synrgy	07:30	08:00	Gym
LBT	10:00	11:00	Studio 1
Body Blast	12:00	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Pilates	13:00	14:00	Studio 1
BodyPump™ v	14:45	15:45	Studio 1
Indoor Cycling	17:00	17:45	Studio 1
TNT HIIT	17:15	18:00	Sports Hall
Pilates	18:15	19:15	Studio 1
BodyAttack™	18:15	19:15	Studio 2
Kettlebells	19:30	20:30	Studio 1

Friday			
Activity	Start	End	Location
Synrgy	07:30	08:00	Gym
Grit Plyo v	08:00	08:30	Studio 1
CX Worx v	10:00	10:30	Studio 1
Indoor Cycling	12:00	12:45	Studio 1
BodyPump™	12:00	13:00	Studio 2
Synrgy	12:30	13:00	Gym
Yoga	13:15	14:15	Studio 1
BodyAttack™	16:30	17:30	Studio 1
Zumba	17:00	18:00	Studio 2
Yoga	17:30	18:30	Studio 1
BodyPump™	18:15	19:15	Studio 2

Saturday			
Activity	Start	End	Location
BodyPump™	09:15	10:15	Studio 1
Kettlebells	10:00	11:00	Studio 2
BodyBalance™	10:30	11:30	Studio 1
Synrgy	11:00	11:30	Gym

Sunday			
Activity	Start	End	Location
BodyBalance™ v	11:00	12:00	Studio 1
Synrgy	12:30	13:00	Gym
BodyPump™	16:00	17:00	Studio 1
Indoor Cycling	17:15	18:00	Studio 1
Grit v	18:15	19:00	Studio 1

## ST LUKE'S SPORTS CENTRE CLASSES

Monday			
Activity	Start	End	Location
Pilates	13:00	14:00	Upper Gym
Low Impact Circuits	19:00	20:00	Upper Gym

Tuesday			
Activity	Start	End	Location
Studio Cycling	13:00	14:00	Upper Gym
Yoga	18:00	18:55	Upper Gym
BodyPump™	18:00	18:55	Dance Studio
Studio Cycling	19:00	20:00	Upper Gym

Wednesday			
Activity	Start	End	Location
Float Fit	11:00	11:30	Indoor Pool
Float Fit	11:30	12:00	Indoor Pool
Studio Cycling	17:10	17:55	Upper Gym
LBT	17:10	17:55	Dance Studio
Pilates	18:00	19:00	Dance Studio
Circuits	18:00	19:00	Upper Gym

Thursday			
Activity	Start	End	Location
Aqua Fit	11:00	11:55	Indoor Pool
Yoga	13:00	14:00	Upper Gym
Zumba	19:30	20:30	Dance Studio

Friday			
Activity	Start	End	Location
Float Fit	11:00	11:30	Indoor Pool
Float Fit	11:30	12:00	Indoor Pool
Pilates	13:00	14:00	Upper Gym
Yoga	18:00	19:00	Dance Studio

Saturday			
Activity	Start	End	Location
Studio Cycling	10:00	11:00	Upper Gym

## SPORTS PARK PRICE PER CLASS:

Inclusive members: FREE

Gym/PAYG members Instructor-led: £3.70

Gym/PAYG Virtual: £2.00

Non-members Instructor-led: £5.50

Non-members Virtual: £3.00

\*Synrgy: FREE to Inclusive and Gym members.

PAYG members pay £1.75 + RS entry.

Not available to non-members.

ST LUKE'S SPORTS CENTRE  
PRICE PER CLASS:

Inclusive members: FREE

Gym/PAYG members: £3.30

Non-member: £4.20

**BOOK YOUR  
CLASS ONLINE!**

[www.exeter.ac.uk/  
sport/join/book](http://www.exeter.ac.uk/sport/join/book)