

# CHRISTMAS FITNESS CLASSES

The following timetable may be subject to change. Please see online for the most up-to-date timetable.

## SPORTS PARK CLASSES

Classes running from 16–23 December 2017 and 2–7 January 2018

### Monday

Activity	Start	End	Location	Dates
Synrgy	07:30	08:00	Gym	18 Dec
Grit Cardio	08:00	08:30	Studio 1	18 Dec
Body Blast	12:15	13:00	Studio 1	18 Dec
Pilates	13:00	14:00	Studio 1	18 Dec
Sufferfest™	17:15	18:00	Studio 1	18 Dec
BodyAttack™	18:15	19:15	Studio 1	18 Dec
BodyPump™	19:30	20:30	Studio 2	18 Dec
Yoga	19:30	21:00	Studio 1	18 Dec

### Tuesday

Activity	Start	End	Location	Dates
Sufferfest™	07:00	07:45	Studio 1	19 Dec
Body Blast	12:15	13:00	Studio 2	19 Dec and 2 Jan
Synrgy	12:30	13:00	Gym	19 Dec and 2 Jan
Pilates	13:15	14:15	Studio 1	19 Dec and 2 Jan
BodyPump™	14:15	15:15	Studio 1	19 Dec and 2 Jan
Yoga	17:30	18:30	Studio 1	19 Dec and 2 Jan
BodyPump™	18:30	19:30	Studio 2	19 Dec and 2 Jan
Indoor Cycling	18:45	19:30	Studio 1	19 Dec and 2 Jan
Pilates	19:45	20:45	Studio 1	19 Dec and 2 Jan

### Wednesday

Activity	Start	End	Location	Dates
Indoor Cycling	07:00	07:45	Studio 1	20 Dec and 3 Jan
Synrgy	07:30	08:00	Gym	20 Dec and 3 Jan
Grit Strength	08:00	08:30	Studio 1	20 Dec and 3 Jan
Indoor Cycling	12:00	12:45	Studio 1	20 Dec and 3 Jan
Yoga	13:00	14:00	Studio 1	20 Dec and 3 Jan
BodyCombat™	14:30	15:30	Studio 1	20 Dec and 3 Jan
BodyAttack™	17:30	18:30	Studio 1	20 Dec and 3 Jan
Pilates	18:45	19:45	Studio 1	20 Dec and 3 Jan
BodyPump™	18:45	19:45	Studio 2	20 Dec and 3 Jan

### Thursday

Activity	Start	End	Location	Dates
Sufferfest™	07:00	08:00	Studio 1	21 Dec and 4 Jan
Body Blast	12:00	13:00	Studio 1	21 Dec and 4 Jan
Synrgy	12:30	13:00	Gym	21 Dec and 4 Jan
Pilates	13:00	14:00	Studio 1	21 Dec and 4 Jan
BodyPump™	14:45	15:45	Studio 1	21 Dec and 4 Jan
Sufferfest™	17:00	17:45	Studio 1	21 Dec and 4 Jan
BodyAttack™	18:15	19:15	Studio 1	21 Dec and 4 Jan

### Friday

Activity	Start	End	Location	Dates
Synrgy	07:30	08:00	Gym	22 Dec and 5 Jan
Grit Plyo	08:00	08:30	Studio 1	22 Dec and 5 Jan
CX Worx	10:00	10:30	Studio 1	22 Dec and 5 Jan
Indoor Cycling	12:00	12:45	Studio 1	22 Dec and 5 Jan
BodyPump™	12:00	13:00	Studio 2	5 Jan
Yoga	13:15	14:15	Studio 1	22 Dec and 5 Jan
Zumba	17:00	18:00	Studio 2	5 Jan
BodyPump™	18:15	19:15	Studio 2	22 Dec and 5 Jan

### Saturday

Activity	Start	End	Location	Dates
BodyPump™	09:15	10:15	Studio 1	16/23 Dec and 6 Jan
BodyBalance™	10:30	11:30	Studio 1	16/23 Dec and 6 Jan
Synrgy	11:00	11:30	Gym	16/23 Dec and 6 Jan

### Sunday

Activity	Start	End	Location	Dates
BodyBalance™	11:00	12:00	Studio 1	17 Dec and 7 Jan
Synrgy	12:30	13:00	Gym	17 Dec and 7 Jan
BodyPump™	16:00	17:00	Studio 1	17 Dec and 7 Jan
Indoor Cycling	17:15	18:00	Studio 1	17 Dec and 7 Jan
Grit	18:15	19:00	Studio 1	7 Jan

Some of the above classes may be virtual led – please check online for more details.

**BOOK YOUR CLASS ONLINE!**



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

## SPORTS PARK CLASSES 27–30 Dec 2017

Wednesday				
Activity	Start	End	Location	Dates
Grit Cardio 	09:30	10:00	Studio 1	27 Dec
Grit Strength 	10:15	10:45	Studio 1	27 Dec
Grit Plyo 	11:00	11:30	Studio 1	27 Dec
Sufferfest™ 	12:30	13:15	Studio 1	27 Dec
BodyBalance™ 	16:00	17:00	Studio 1	27 Dec

Thursday				
Activity	Start	End	Location	Dates
BodyBalance™ 	09:00	10:00	Studio 1	28 Dec
BodyPump™ 	11:00	12:00	Studio 1	28 Dec
Grit Cardio 	15:30	16:00	Studio 1	28 Dec
Grit Strength 	16:15	16:45	Studio 1	28 Dec
Grit Plyo 	17:00	17:30	Studio 1	28 Dec

Friday				
Activity	Start	End	Location	Dates
BodyCombat™ 	09:30	10:30	Studio 1	29 Dec
BodyPump™ 	12:00	13:00	Studio 1	29 Dec
CX Worx 	13:30	14:00	Studio 1	29 Dec
BodyBalance™ 	16:30	17:30	Studio 1	29 Dec

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

The Sports Park will be closed Sun 24 Dec – Tues 26 Dec  
and Sun 31 Dec – Mon 1 Jan

**BOOK YOUR CLASS ONLINE!**  
[www.exeter.ac.uk/sport/join/book](http://www.exeter.ac.uk/sport/join/book)

## ST LUKE'S CLASSES 19 Dec 2017 – 6 Jan 2018

Tuesday				
Activity	Start	End	Location	Dates
Studio Cycling	13:00	13:45	Upper Gym	2 Jan
Yoga	18:00	18:55	Upper Gym	2 Jan
BodyPump™	18:00	18:55	Dance Studio	2 Jan
Low Impact Circuits	19:00	20:00	Dance Studio	19 Dec
Studio Cycling	19:00	19:45	Upper Gym	2 Jan

Wednesday				
Activity	Start	End	Location	Dates
Studio Cycling	17:10	17:55	Upper Gym	3 Jan
LBT	17:10	17:55	Dance Studio	3 Jan

Thursday				
Activity	Start	End	Location	Dates
Aqua Fit	11:00	11:55	Indoor Pool	4 Jan
Yoga	13:00	14:00	Upper Gym	4 Jan

Friday				
Activity	Start	End	Location	Dates
Pilates	13:00	14:00	Upper Gym	5 Jan

Saturday				
Activity	Start	End	Location	Dates
Studio Cycling	10:00	10:55	Upper Gym	6 Jan

St Luke's will be closed Wed 20 Dec – Mon 1 Jan

### 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

 = VIRTUAL CLASSES

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