

FITNESS CLASS TIMETABLE

AS OF 18/10/2021

ST. LUKE'S SPORT CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PILATES 1:00PM-2:00PM UPPER GYM SOL</p> <p>CIRCUITS 6:00PM-6:45PM LOWER GYM JIM</p>	<p>BODY PUMP 6:00PM-6:45PM DANCE STUDIO SOL</p> <p>YOGA 6:00PM-7:00PM UPPER GYM RICHARD</p>	<p>RIDE 5:10PM-5:55PM UPPER HALL JIM</p> <p>CIRCUITS 6:00PM-6:45PM UPPER HALL JIM</p> <p>LEGS, BUMS AND TUMS 5:30PM-6:15PM DANCE STUDIO SOL</p> <p>PILATES 6:30PM-7:15PM DANCE STUDIO SOL</p>	<p>BODY PUMP 12:00PM-1:00PM DANCE STUDIO CONNIE</p>	<p>YOGA 12:30PM-1:30PM DANCE STUDIO RICHARD</p> <p>PILATES 1:00PM-2:00PM UPPER GYM MARK</p> <p>YOGA 6:15PM-7:15PM DANCE STUDIO CHARLOTTE</p>



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EXCELLENCE IN SPORT