

# TERM 2 FITNESS CLASS TIMETABLE ST LUKES SPORTS CENTRE

(8th January - 29th March)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BODY PUMP</b> 12:15-13:00 Sol   Dance Studio	<b>PILATES</b> 12:30-13:30 Sol   Upper Hall	<b>RIDE</b> 17:00-17:45 Chris K   Upper Hall	<b>BODY PUMP</b> 17:30-18:15 Sol   Dance Studio	<b>AQUA FIT</b> 11:00-11:45 Anna   Indoor Pool
<b>PILATES</b> 13:15-14:00 Sol   Dance Studio	<b>BODY PUMP</b> 17:30-18:30 Sol   Dance Studio	<b>LBT</b> 17:30-18:30 Sol   Dance Studio	<b>PILATES</b> 18:30-19:15 Sol   Dance Studio	
<b>YOGA</b> 18:00-18:45 Charlotte   Dance Studio	<b>YOGA</b> 18:30-19:15 Richard   Dance Studio	<b>CIRCUITS</b> 18:00-19:00 Chris K   Upper Hall		
	<b>FLOAT FIT</b> 18:45-19:30 Chris W   Indoor Pool	<b>PILATES</b> 18:30-19:15 Sol   Dance Studio		



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