

TERM 3 FITNESS CLASS TIMETABLE ST LUKES SPORTS CENTRE

28th April - 15th June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOTCAMP 07:15-08:00 Chris Upper Hall	RIDE 12:30-13:15 Chris Upper Gym	RIDE 17:00-17:45 Chris K Upper Hall	CORE 13:00-13:45 Will Upper Hall	RIDE 07:15-08:00 Will Upper Gym
PILATES 13:15-14:00 Emily A Dance Studio		CIRCUITS 18:00-19:00 Chris K Upper Hall	YOGA 17:30-18:15 Zoe Dance Studio	AQUA FIT 10:00-10:45 Will Indoor Pool
YOGA 18:00-19:00 Charlotte Dance Studio		PILATES 18:30-19:15 Emily Dance Studio		BODY BALANCE 18:30-19:15 Zoe Dance Studio

Scan to book
your sessions



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