

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	CYCLE CROSS 20:20 07:15-08:00 Will Upper Gym
BODY BLAST 12:15-13:00 Kiera Dance Studio	COMING SOON! COMING SOON! COMING SOON!	CIRCUITS 18:00-19:00 Chris K Upper Hall	COMING SOON! COMING SOON! COMING SOON!	AQUA FIT 10:00-10:45 Will Indoor Pool
PILATES 13:15-14:00 Kiera Dance Studio	FLOAT FIT 18:45-19:45 Chris Indoor Pool	PILATES 18:30-19:15 Emily Dance Studio		BODY BALANCE 18:30-19:15 Zoe Dance Studio
YOGA 18:00-19:00 Charlotte Dance Studio				

Scan to book
your sessions



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