



IECHYD A  
FFITRWYDD  
Prifysgol Abertawe  
HEALTH  
& FITNESS  
Swansea University

# GROUP FITNESS CLASS TIMETABLE

## INTERNATIONAL SPORTS VILLAGE - SWANSEA UNIVERSITY

Please note, the current timetable is subject to change. Please ensure you check online at [swansea.ac.uk/sport](http://swansea.ac.uk/sport) for any updates to the advertised timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15-08.15	YOGA (Charlotte) 07.15 -08.15 VIRTUAL STUDIO	YOGA (Elfed) 07.15 -08.15 VIRTUAL STUDIO	VIRTUAL SPRINT (30) 07.15-07.45 VIRTUAL STUDIO	VIRTUAL SPRINT (30) 07.15-07.45 VIRTUAL STUDIO			
08.15-09.15	VIRTUAL SPRINT (30) 08.45-09.15 VIRTUAL STUDIO		VIRTUAL BODY BALANCE (30) 08.45-09.15 VIRTUAL STUDIO				
09.15-10.15							
10.15-11.15	VIRTUAL SPRINT (45) 10.15-11.00 VIRTUAL STUDIO		VIRTUAL THE TRIP (45) 10.15-11.00 VIRTUAL STUDIO		VIRTUAL SPRINT (45) 10.15-11.00 VIRTUAL STUDIO		
11.15-12.15							
12.15-13.15	VIRTUAL SPRINT (30) 12.30-13.00 VIRTUAL STUDIO	FITNESS PILATES 12.30-13.30 VIRTUAL STUDIO	VIRTUAL SPRINT (30) 12.30-13.00 VIRTUAL STUDIO	YOGA (Elfed) 12.30-13.30 VIRTUAL STUDIO	PILATES (Colette) 12.30-13.30 VIRTUAL STUDIO		
13.15-14.15							
14.15-15.15							
15.15-16.15		VIRTUAL BODY BALANCE (30) 15.15-15.45 VIRTUAL STUDIO		VIRTUAL BODY BALANCE (30) 15.15-15.45 VIRTUAL STUDIO			
16.15-17.15		VIRTUAL SPRINT (45) 16.30-17.15		VIRTUAL SPRINT (45) 16.30-17.15 VIRTUAL STUDIO			
17.15-18.15	SHRED (HELEN) 17.30-18.30 SPORTS HALL		SHRED (HELEN) 17.30-18.30 SPORTS HALL				
18.15-19.15	VIRTUAL SPRINT (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL THE TRIP (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL SPRINT (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL SPRINT (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL THE TRIP (45) 18.45-19.30 VIRTUAL STUDIO		
19.15-20.15							
20.15-21.15	VIRTUAL THE TRIP (45) 20.30-21.15 VIRTUAL STUDIO	VIRTUAL BODY COMBAT (45) 20.30-21.15 VIRTUAL STUDIO	VIRTUAL BODY BALANCE (30) 20.30-21.00 VIRTUAL STUDIO	VIRTUAL BODY COMBAT (45) 20.30-21.15 VIRTUAL STUDIO	VIRTUAL BODY BALANCE (30) 20.30-21.00 VIRTUAL STUDIO		

Results offering Les Mills Classes



ATHLETIC



CARDBO



STRENGTH



SWANSEA



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