

FITNESS CLASS TIMETABLE

ISV SPORTS CENTRE



SUMMER TIMETABLE

IECHYD A
FFITRWYDD
Prifysgol Abertawe

HEALTH
& FITNESS
Swansea University

	Morning		Lunchtime		Evening		
Monday	TITAN CONDITIONING 6:30 – 7:30 The Shed		LES MILLS GRIT 30' STRENGTH 12:30 – 13:00 Leanne H Pavilion Gym	LES MILLS GRIT 30' ATHLETIC 13:00 - 13:30 Leanne H Pavilion Gym	Barbell Blast 17:00- 18:00 Helen Pavilion Gym		Ab Blast 18:00- 18:30 Helen Pavilion Gym
Tuesday	Yoga 7:30 – 8:30 Elfed Studio		Fitness Pilates 12:30 – 13:15 Mandy Pavilion Gym			Kettlecise 17:30 – 18:30 Leanne B Pavilion Gym	
Wednesday	TITAN CONDITIONING 6:30 – 7:30 The Shed	Pilates 7:30 - 8:30 Elfed Studio	Fitness Yoga 12:30 – 13:15 Mandy Pavilion Studio		TITAN CONDITIONING 18:00-19:00 Indoor Track	TITAN CONDITIONING 19:15-20:15 Indoor Track	Indoor Cycling 18:00 - 19:00 Alba Spin Studio
Thursday	LES MILLS GRIT 30' CARDIO 7:30-8:00 Leanne Pavilion		Yoga 12:30 – 13:15 Elfed Studio		Boxing Fit 17:00 – 18:00 Helen Pavilion Gym	Indoor Cycling 17:30-18:30 Steve Spin Studio	Ab Blast 18:00 - 18:30 Helen Pavilion Gym
Friday	LES MILLS GRIT 30' STRENGTH 7:30 - 8:00 Leanne Pavilion Gym		LES MILLS BODYPUMP 45' 12:00-12:45 Lindi Pavilion Gym			TITAN CONDITIONING 18:00-19:00 Indoor Track	
Saturday	TITAN CONDITIONING 8:30 – 9:30 The Shed	LES MILLS BODYPUMP 30' 9:15-10:15 Leanne H Pavilion Gym					
Sunday							

Please note classes are subject to change based on demand



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To book please visit our online booking systems, reception, email sportsbookings@swansea.ac.uk, or call 01792 543555

<https://sportbookings.swansea.ac.uk/>

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Dydd Llun	TITAN CONDITIONING 6:30 – 7:30 Y Ganolfan Cryfder A Chyflyru		LES MILLS GRIT 30' STRENGTH 12.30 – 13.00 Leanne H Campfa'r Pafiliwn	LES MILLS GRIT 30' ATHLETIC 13.00 - 13.30 Leanne H Campfa'r Pa- filiwn	Dosbarth Barbwysau 17:15 – 17.55 Helen Campfa'r Pafiliwn		Dosbarth Abs 18:00 - 18:30 Helen Campfa'r Pafiliwn
Dydd Mawrth	Yoga 7:30 – 8:30 Elfed Stiwdio		Pilates Ffitrwydd 12:30 – 13:15 Mandy Campfa'r Pafiliwn		Kettlecise 17:30 – 18:30 Leanne B Campfa'r Pafiliwn		
Dydd Mercher	TITAN CONDITIONING 6:30 – 7:30 Y Ganolfan Cryfder A Chyflyru	Pilates 7.30-8.30 Elfed Stiwdio	Yoga Ffitrwydd 12:30 – 13:15 Mandy Stiwdio Pafiliwn		TITAN CONDITIONING 18:00-19:00 Y Ganolfan Cryfder A Chyflyru	TITAN CONDITIONING 19:15-20:15 Y Ganolfan Cryfder A Chyflyru	Beicio Dan Do 18:00 - 19:00 Alba Stiwdio Spinio
Dydd Iau	LES MILLS GRIT 30' CARDIO 7:30-8:00 Leanne H Campfa'r Pafiliwn		Yoga 12:30 – 13:15 Elfed Stiwdio		Ffot Wrtj Focsio 17:00 – 18:00 Helen Campfa'r Pafiliwn		Spinio 17:30-18:30 Steve Stiwdio Spinio
Dydd Gwener	LES MILLS GRIT 30' STRENGTH 7:30-8:00 Leanne H Campfa'r Pafiliwn		LES MILLS BODYPUMP 45' 12:00-12:45 Lindi Campfa'r Pafiliwn		TITAN CONDITIONING 18:00-19:00 Track Dan Do		
Dydd Sadwrn	TITAN CONDITIONING 8:30 – 9:30 Y Ganolfan Cryfder A Chyflyru	LES MILLS BODYPUMP 30' 9:15 - 10:15 Leanne H Campfa'r Pafiliwn					
Dydd Sul							

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