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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 for any updates to the advertised timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15-08.15	VIRTUAL RPM 07.15 -07.45 VIRTUAL STUDIO	YOGA (Elfed) 07.15 -08.15 VIRTUAL STUDIO	VIRTUAL SPRINT (30) 07.15-07.45 VIRTUAL STUDIO	VIRTUAL RPM (30) 07.15-07.45 VIRTUAL STUDIO			
08.15-09.15	VIRTUAL SPRINT (30) 08.20-08.50 VIRTUAL STUDIO		VIRTUAL BODY BALANCE (30) 08.20-08.50 VIRTUAL STUDIO				
09.15-10.15							
10.15-11.15	VIRTUAL RPM (50) 10.15-11.05 VIRTUAL STUDIO		VIRTUAL THE TRIP (45) 10.15-11.00 VIRTUAL STUDIO				
11.15-12.15							
12.15-13.15	EVOLVE (Dylan) 12.45-13.30	FITNESS PILATES (Mandy) 12.30-13.30	FITNESS YOGA (Mandy) 12.30-13.30	YOGA (Elfed) 12.30-13.30	PILATES (Colette) 12.30-13.30		
13.15-14.15							
14.15-15.15							
15.15-16.15		VIRTUAL BODY COMBAT (30) 15.15-15.45 VIRTUAL STUDIO		VIRTUAL BODY COMBAT (30) 15.15-15.45 VIRTUAL STUDIO			
16.15-17.15		VIRTUAL RPM (50) 16.30-17.20		VIRTUAL RPM (50) 16.30-17.20 VIRTUAL STUDIO			
17.15-18.15	SHRED (HELEN) 17.30-18.30		SHRED (HELEN) 17.30-18.30				
18.15-19.15	VIRTUAL THE TRIP (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL THE TRIP (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL THE TRIP (45) 18.45-19.30 VIRTUAL STUDIO	VIRTUAL THE TRIP (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 RPM (50) 20.30-21.20 VIRTUAL STUDIO	VIRTUAL BODY COMBAT (45) 20.30-21.15 VIRTUAL STUDIO	VIRTUAL BODY COMBAT (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		

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