

We will be offering a small programme during September just to keep you going until the main Be Active Programme starts in October which will be live on the 1st September on the online store.

Drop in classes from 30th August until 28th September 2017

Course	Class	Time	Location	Cost
Please pay teacher on arrival				
Monday	Express Cardioblast	12.00 – 12.30pm	AR –Wellbeing rooms	£2.50
	Express Bums & Tums	12.35-1.05pm	AR–Wellbeing rooms	£2.50
	Express Bums & Tums	12.00 – 12.30pm	H11- Sackville Building	£2.50
	Iyengar Yoga	5.00-6.30pm	AR–Wellbeing rooms	£6.50
	Pilates <i>This starts 11th September</i>	5.15 – 6.00pm	H11- Sackville Building	£3.50
Wednesday	Pilates <i>This starts 13th September</i>	12.00 – 12.45pm	AR–Wellbeing rooms	£4.00
	Express Zumba	1.00 – 1.30pm	AR–Wellbeing rooms	£2.50
Thursday	Express Abs, bums and backs <i>This starts 14th September</i>	12.00 – 12.30	AR–Wellbeing rooms	£2.50
	Express Cardioblast	12.35 – 1.05pm	AR- Wellbeing rooms	£2.50
	Express Bums & Tums	1.00 – 1.30pm	H11- Sackville Building	£2.50
	Express Body Blast	1.10 – 1.40pm	AR – Wellbeing rooms	£2.50
Friday	Express Zumba	12.00 – 12.30pm	H11- Sackville Building	£2.50
	Kettlebell Conditioning	12.00 – 12.55pm	AR–Wellbeing rooms	£5.00
	Iyengar Yoga	4.30 – 5.30pm	AR–Wellbeing rooms	£5.00
	Insanity	5.00 – 5.45pm	DU – Wellbeing rooms	£4.50