

<b>Try before you buy –</b> <b>Week commencing - 8th October until 12th October 2018</b> <b>Location – The Wellbeing Rooms – Simon Building</b> <b>AR= Activity Room G.66 DU= Dual Usage G.65 and LGR= Large Group Room 1.63</b> <b>No need to book on but it will be first come first served basis.</b>			
Day- Start-Finish	Course	Time	Location /Room
<b>Monday</b>	Tai Chi for Health	12.00-12.55pm	Wellbeing - DU
	Cardio Pilates	1.10 – 1.55pm	Wellbeing -AR
	Iyengar Yoga	5.00 - 6.00pm	Wellbeing -AR
	Power Yoga	6.15 – 7.15pm	Wellbeing - AR
<b>Tuesday</b>	Yogalates	12.00 12.55pm	Wellbeing -AR
	Bosu Blast	1.00 – 1.30pm	Wellbeing - DU
	Zumba	6.00 – 6.45pm	Wellbeing -AR
	Vin & Yin Yoga	6.30 – 7.30pm	Wellbeing - DU
<b>Wednesday</b>	Indian Club Swinging	12.00 – 1.00pm	Wellbeing - DU
	Pilates	5.00 – 5.55pm	Wellbeing -AR
	Hatha Yoga	6.10 – 7.10pm	Wellbeing - DU
	STRONG by Zumba	7.00 – 8.00pm	Wellbeing -AR
<b>Thursday</b>	Cardioblast	12.35 – 1.05pm	Wellbeing -AR
	Express Body Blast	1.10 – 1.40pm	Wellbeing -AR
	Power Yoga	12.45 – 1.45pm	Wellbeing - DU
	PiYo workout	5.00 – 6.00pm	Wellbeing - DU
	Ashtanga Yoga	5.15 – 6.15pm	Wellbeing -AR
	Barre Concept	6.05 – 6.550m	Wellbeing - DU
	Women’s Yoga	6.00 – 7.00pm	Wellbeing -LGR 1 <sup>st</sup> floor
<b>Friday</b>	Sunrise Yoga	8.00 – 9.00am	Wellbeing -AR
	Kettlebell Conditioning	12.00 12.55pm	Wellbeing -AR
	Tai Chi Ball	12.00 -1.00pm	Wellbeing - DU
	Barre concept	1.00 – 1.45pm	Wellbeing -AR
	Mixed martial art interval training	5.50 – 6.25pm	Wellbeing -DU