

Try before you buy -

Week commencing - 9th October until 13th October 2017

All classes will give you a little taste of what the session is about.

It's a first come basis and you will be asked to sign in with your email and Student ID number.

Location – The Wellbeing Rooms – Simon Building

AR= Activity Room G.66 DU= Dual Usage G.65 and LGR= Large Group Room 1.63

Day- Start-Finish	Course	Time	Location /Room
Monday	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	6.10 – 7.10pm	Wellbeing - AR
Tuesday	Yogalates	12.00 -12.55pm	Wellbeing -AR
	Hula Hoop	12.00 – 12.30pm	Wellbeing - DU
	Hula Hoop	12.30 – 1.30pm	Wellbeing - DU
	Bosu Blast	1.00 – 1.30pm	Wellbeing - DU
	Zumba	6.00 – 6.45pm	Wellbeing -AR
	Vin & Yin Yoga	6.30 – 7.30pm	Wellbeing - DU
Wednesday	Indian Club Swinging	12.00 – 1.00pm	Wellbeing - DU
	Pilates Beginners	5.00 – 5.55pm	Wellbeing -AR
	Hatha Yoga	6.10 – 7.10pm	Wellbeing - DU
	Legs, Bums & Tums	7.20 – 8.05pm	Wellbeing -AR
Thursday	Alexander Technique	12.00 – 1.00	Wellbeing - DU
	Express Body Blast	1.10 – 1.40pm	Wellbeing -AR
	Power Yoga Beginners	1.10 – 2.10pm	Wellbeing - DU
	PiYo workout	5.00 – 6.00pm	Wellbeing - DU
	Fitsteps	6.00 – 6.45pm	Wellbeing - DU
	Ashtanga Yoga	5.15 – 6.15pm	Wellbeing -AR
	Womens Yoga	6.00 – 7.00pm	Wellbeing -LGR
Friday	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
	Yin Yoga	4.45 -5.45pm	Wellbeing - DU
	Core de force	5.50 – 6.25pm	Wellbeing -DU

☺ If you enjoy the session and want to book for the 8 weeks please go to –

To book online <http://www.sport.manchester.ac.uk/fitness/activeman>

For more information e-mail healt.fitness@manchester.ac.uk