

♥ Summer Vacation ♥ BE ACTIVE

Day	Course	Time	Location /Room
Monday <i>Note –start on the 8th July</i>	Express Cardioblast ♥ ♥ ♥	12.00 – 12.30pm	Act G.66
	Express Bums & Tums ♥ ♥	12.35 – 1.05pm	Act G.66
	Express Bums & Tums ♥ ♥	12.00 – 12.30pm	Sackville – H11
	Express Body Blast ♥ ♥	12.35 – 1.05pm	Sackville – H11
	Iyengar Yoga ♥ ♥	5.00-6.30pm	Act G.66
Tuesday	Yogalates ♥ ♥	12.00 -12.55pm	Act G.66
	Express Hula hoop ♥ ♥	12.15 – 12.45pm	Dual Usage G.65
	Express Step Blast	1.00 – 1.30	Act G.66
	Interval Training	5.10 – 6.00pm	Dual Usage G.65
	Ashtanga Yoga ♥ ♥ ♥	5.30-7.00pm	Act G.66
Wednesday	Hatha Yoga ♥	12.00- 12.50pm	Sackville –H11
	Zumba Express ♥ ♥	1.00 – 1.30pm	Act G.66
	Let's Sing (Choir Group) ♥	1.00 – 1.45pm	Dual Usage G.65
	Iyengar Yoga ♥ ♥	5.15 – 7.00pm	Sackville H11
Thursday	Express Abs,bums and backs ♥	12.00 – 12.30	Act G.66
	Express Cardioblast ♥ ♥ ♥	12.35– 1.05pm	Act G.66
	Express Body Blast ♥ ♥	12.00 – 12.30pm	Sackville H11
	Express Bums & Tums ♥ ♥	12.35 – 1.05pm	Sackville H11
	Express Body Blast ♥ ♥	1.10 – 1.40pm	Act G.66
	Power Yoga ♥ ♥	12.45–1.45pm	Dual Usage G.65
	*PiYo workout ♥ ♥	5.00 – 6.00pm	Act G.66
Friday	Sun rise Yoga ♥ ♥	8.00-9.00am	Act G.66
	Kettlebell Conditioning ♥ ♥ ♥	12.00 – 12.55pm	Act G.66
	Zumba ♥ ♥	12.00 – 12.45pm	Sackville H11
	Barre concept ♥ ♥	1.00 – 1.45pm	Act G.66

The classes run from Beginning of July until end of August

WELLBEING ROOMS LOCATIONS

- Simon Building** – WBR –Activity room is on the ground floor G.66 and so is the Dual usage Room is in G.65
- Sackville street building** – SS floor H room H11

CLASS INTENSITY LEVELS

Easy – Beginners -suitable for beginners and getting back to exercise ♥

Medium intensity - suitable for people getting back to exercise and regular exercisers ♥♥

High intensity - suitable for regular exercisers and those wanting a hard workout ♥♥♥