

BE ACTIVE CLASSES TRY BEFORE YOU BUY

Week commencing – 7 October until 11 October 2019

Day	Class	Time	Location
Monday 7 October	Sun Rise Yoga	8.00 - 9.00am	Wellbeing - AR
	Tai Chi for Health	12.00 - 12.55pm	Wellbeing - DU
	Express Pilates	1.10 - 1.40pm	Wellbeing - AR
	Express Pilates with Resistance	1.45 - 2.15pm	Wellbeing - AR
	Power Yoga	6.00 - 7.00pm	Wellbeing - AR
Tuesday 8 October	Yogalates	12.00 - 12.55pm	Wellbeing - AR
	Express Bosu Blast	1.00 - 1.30pm	Wellbeing - DU
	Express Dumbbell Sculpt	1.35 - 2.05pm	Wellbeing - DU
	Zumba	6.35 - 7.20pm	Wellbeing - AR
	Vin & Yin Yoga	6.30 - 7.30pm	Wellbeing - DU
Wednesday 9 October	Hatha Yoga	12.00 - 12.50pm	Sackville - H11
	Indian Club Swinging	12.00 - 1.00pm	Wellbeing - DU
	Pilates	5.00 - 5.55pm	Wellbeing - AR
	Iyengar Yoga	5.30 - 6.30pm	Wellbeing - DU
	Step HITT	6.00 - 6.45pm	Wellbeing - AR
	STRONG by Zumba	7.00 - 7.45pm	Wellbeing - AR
Thursday 10 October	Express Barbell Sculpt	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	5.30 - 6.30pm	Wellbeing - AR
	Barre Concept	6.05 - 6.55pm	Wellbeing - DU
	Mandala Flow Yoga	7.00 - 8.00pm	Wellbeing - DU
	Women's Yoga	6.00 - 7.00pm	Wellbeing - LGR
Friday 11 October	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
	Jivamukti Yoga	5.35 - 6.35pm	Wellbeing - AR

All classes will give you a little taste of what the session is about. No need to book, first come basis. You will be asked to sign in with your Student or Staff ID Number.

The Wellbeing Rooms – Simon Building

AR= Activity Room G.66, DU= Dual Usage G.65, LGR= Large Group Room 1.63 (1st floor)

Sackville Street Building

H11 = Floor H room 11

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

www.sport.manchester.ac.uk/fitness/activeman

For more information email:

health.fitness@manchester.ac.uk