

Free - TASTER SESSIONS – Free trial - 26th September until 30th At the Wellbeing Rooms – Simon Building Brunswick St, Manchester M13 and Sackville Street building Granby Row M1 3BB .

Room location- Wellbeing rooms – Ground floor DU= Dual usage Room & AR =Activity Room

Room Location - Sackville Street Building – H11 – Room H11 Floor H.

Day- Start-Finish	Course	Time	Location /Room
Monday	Tai Chi for Health	12.00 -12.55pm	Wellbeing room -DU
	Express Bums & Tums	12.30 – 1.00pm	Sackville – H11
	*Express Pilates Blast	1.00 – 1.30pm	Wellbeing room -AR
	*Express BodyBlast	1.30 – 2.00pm	Wellbeing room -AR
	Jivamukti Yoga	6.10 – 7.40pm	Wellbeing room -DU
Tuesday	Hula Hoop	12.00 – 1.15pm	Wellbeing room -DU
	Hatha Yoga	2.00 – 3.00pm	Wellbeing room -AR
	* 'STRONG by Zumba™	1.15 – 2.00pm	Wellbeing room -DU
	Dru Yoga	6.30 – 7.30pm	Wellbeing room -DU
	Aerobics	7.35 – 8.35pm	Wellbeing room -AR
Wednesday	Express Cardioblast	8.00 – 8.30am	Wellbeing room –AR
	Indian Club Swinging	12.00 – 1.00pm	Wellbeing room -DU
	Belly Dancing women only	5.00 – 6.00pm	Sackville H11
	Gymnastic Strength training	12.15 – 1.15	Wellbeing room -DU
Thursday	Express Body Blast	1.00 – 1.30pm	Wellbeing room -AR
	PiYo workout	5.00 – 6.00pm	Wellbeing room -DU
	Alexander Technique	6.45 – 7.45	Wellbeing room -DU
	Insanity- Thursday	4.15 – 5.00pm	Sackville H11
	Bhangra	3.-3.45	Wellbeing room -AR
	Dance Fitness	4.00-4.45pm	Wellbeing room -AR
Friday	*Tai Chi Ball	12.00 -1.00pm	Wellbeing room DU
	Express Body Blast	5.30 – 6.00pm	Wellbeing room -AR
	Express Bosu Conditioning	6.00 – 6.30pm	Wellbeing room -AR
	Yoga flow & Relaxation	5.15- 6.15pm	Wellbeing room -DU