

# Drop-in Classes

Wellbeing Rooms (Simon Building) and Sackville Street Building

30th March - 17th April 2020

Monday	Class	Time	Location	Cost	Teacher
	Express Cardioblast	12.00 – 12.30pm	WB Activity Room	£2.50	Shelagh S
	Express Bums and Tums	12.35 – 1.05pm	WB Activity Room	£2.50	Shelagh S
	Pilates	5.15 - 6.00pm	Sackville H11	£3.50	Gail H-M
	Iyengar Yoga (30th March and 6th April only)	5.00 - 6:30pm	WB Activity Room	£6.50	Clare Tunstall

\*Please pay the teacher on arrival to the class, and sign in with your Staff/Student ID

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Tuesday	Class	Time	Location	Cost	Teacher
	Pilates	12.00 – 12.45pm	Sackville H11	£5.00	Gennaro K-T
	Yogalates	12.00 - 12.55pm	WB Activity Room	£5.00	Karen Oakes
	Express Bosu	1.00 - 1.30pm	WB Activity Room	£2.50	Karen Oakes
	Walking for Weight Loss	1.00 - 1.30pm	WB Dual Usage	£2.50	Shelagh S
	Express Step Blast	1.30 - 2.00pm	WB Activity Room	£2.50	Shelagh S
	Express Dumbbell Sculpt	1.35 - 2.05pm	WB Dual Usage	£2.50	Karen Oakes
	Interval Training	5.10 - 6.00pm	WB Dual Usage	£5.00	Khoula Samsul

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Wednesday

Class	Time	Location	Cost	Teacher
Pilates	12.00 – 12.45pm	WB Activity Room	£4.00	Gail H-M
Express Zumba (starts 8th April)	1.00 – 1.30pm	WB Activity Room	£2.50	Helen Leah
Iyengar Yoga (will run 1st and 7th April)	5.15 - 6.45pm	Sackville H11	£6.50	Clare Tunstall
Step HITT	6.00 - 6:45pm	WB Activity Room	£5.00	Khoula Samsul

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30th March - 17th April 2020

Thursday	Class	Time	Location	Cost	Teacher
	Express Abs, Bums + Backs	12.00 – 12.30pm	WB Activity Room	£2.50	Gail H-M
	Barbell Sculpt	12.35 - 1.05pm	WB Activity Room	£2.50	Shelagh S
	Express Body Blast	12.00 - 12.30pm	Sackville H11	£2.50	Khoula Samsul
	Power Yoga (will run 2nd and 9th April)	1.30 - 2.00pm	WB Activity Room	£5.00	Harvey Kersh
	Express Bums and Tums	1.00 - 1.30pm	Sackville H11	£2.50	Khoula Samsul
	Express Body Blast	12.35 - 1.05pm	WB Activity Room	£2.50	Shelagh S
	PiYo	5.00 - 6.00pm	WB Dual Usage	£5.00	Khoula Samsul
	Barre Concept	6.00 - 6.50pm	WB Dual Usage	£5.00	Grace Walsh

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Friday	Class	Time	Location	Cost	Teacher
	Kettlebell Conditioning	12.00 - 12.55pm	WB Activity Room	£5.00	Steve Dawson
	Zumba	12.00 - 12.45pm	Sackville H11	£5.00	Gennaro King Tella
	Iyengar Yoga (will run 3rd April only)	4.30 - 5.30pm	WB Activity Room	£5.00	Clare Tunstall

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