

# Stevenson Programme

15th April - 26th May 2024

UofG  
**SPORT**

## Monday

VR30	07:30 - 08:00	Revolve
Pilates**	07:30 - 08:30	Studio 3
VR45	09:30 - 10:15	Revolve
Virtual Boxfitness	09:30 - 10:00	Studio 3
Metcon	10:30 - 11:15	Studio 1
Flow30	11:30 - 12:00	Studio 2
Core Conditioning	12:15 - 12:45	Studio 2
Kettlebells	12:15 - 13:00	Studio 3
Rev30	13:15 - 13:45	Revolve
Total Body Workout	13:15 - 14:00	Studio 3
Yoga**	16:00 - 16:45	Studio 3
TRX+	17:00 - 17:30	Studio 3
Super Circuits	17:00 - 18:00	Activity Hall
Pilates**	17:15 - 18:00	Studio 2
Rev45	17:15 - 18:00	Revolve
Total Body Workout	18:15 - 19:00	Studio 3
Rev45	18:15 - 19:00	Revolve

## Tuesday

Rev45	07:15 - 08:00	Revolve
Yoga**	07:30 - 08:30	Studio 3
VR30	08:15 - 08:45	Revolve
Virtual Yoga	09:30 - 10:00	Studio 3
VR45	09:30 - 10:15	Revolve
Flow30	10:15 - 10:45	Studio 3
BeActive Aeromix	11:00 - 11:45	Studio 3
Parkfit*	12:15 - 13:00	Stevenson
Total Body Workout	12:15 - 13:00	Studio 3
Yoga**	13:00 - 13:45	Studio 2
Pilates**	13:15 - 14:00	Studio 3
Rev45	13:15 - 14:00	Revolve
Metcon	14:15 - 15:00	Studio 1
Virtual Total Body Workout	16:00 - 16:45	Studio 3
Kettlebells	17:00 - 17:45	Studio 3
Yoga**	17:15 - 18:15	Studio 2
Rev45	18:00 - 18:45	Revolve
Super Circuits	18:15 - 19:15	Activity Hall
Yoga**	18:30 - 19:30	Studio 2
The Beast	19:00 - 20:00	Revolve

## Wednesday

REV45	07:15 - 08:00	Revolve
VR30	08:15 - 08:45	Revolve
Core Conditioning	08:15 - 08:45	Studio 2
VR45	09:30 - 10:15	Revolve
Yoga**	10:30 - 11:15	Studio 3
Flow30	11:30 - 12:00	Studio 2
TRX+	11:30 - 12:00	Studio 3
VR30	12:15 - 12:45	Revolve
DanceFit	12:15 - 13:00	Studio 2
Yoga**	13:15 - 14:15	Studio 2
Metcon	16:15 - 17:00	Studio 1
Yoga**	17:00 - 18:00	Studio 2
Rev45	17:15 - 18:00	Revolve
Rev30	18:15 - 18:45	Revolve

## Thursday

VR45	07:15 - 08:00	Revolve
VR30	08:15 - 08:45	Revolve
TRX+	11:30 - 12:00	Studio 3
Total Body Workout	12:15 - 13:00	Studio 3
Parkfit*	12:15 - 13:00	Stevenson
Yin Yoga**	12:15 - 13:15	Studio 2
Dancefit	13:15 - 14:00	Studio 3
Core Conditioning	14:15 - 14:45	Studio 3
Pilates**	16:15 - 17:00	Studio 3
Total Body Workout	17:15 - 18:00	Studio 3
Super Circuits	17:15 - 18:15	Activity Hall
Rev30	18:15 - 18:45	Revolve
Yoga**	18:15 - 19:00	Studio 3
The Beast	19:00 - 20:00	Revolve

## Friday

Yoga**	06:45 - 07:45	Studio 3
VR30	07:30 - 08:00	Revolve
Metcon	10:30 - 11:15	Studio 1
BeActive TBW	11:00 - 11:45	Studio 3
Pilates**	12:15 - 13:00	Studio 2
Kettlebells	12:15 - 13:00	Studio 3
BoxFitness	13:15 - 14:00	Studio 3
Total Body Workout	14:15 - 15:00	Studio 3
Flow30	15:15 - 15:45	Studio 3
DanceFit	16:00 - 16:45	Studio 3
Yin Yoga**	17:00 - 18:00	Studio 3
VR45	17:15 - 18:00	Revolve
DanceFit	18:15 - 19:00	Studio 3
Flow30	19:15 - 19:45	Studio 3

## Saturday

Rev45	09:15 - 10:00	Revolve
Yoga**	09:15 - 10:15	Studio 3
Total Body Workout	10:30 - 11:15	Studio 3
Flow30	11:30 - 12:00	Studio 3
Rev45	12:15 - 13:00	Revolve
Virtual TRX	12:15 - 13:00	Studio 3
Virtual Pilates**	14:30 - 15:00	Studio 3
VR45	13:15 - 14:00	Revolve

## Sunday

Rev30	09:45 - 10:15	Revolve
Total Body Workout	10:30 - 11:15	Studio 3
TRX+	11:30 - 12:00	Studio 3
BoxFitness	12:15 - 13:00	Studio 3
VR45	13:15 - 14:00	Revolve
Pilates	13:15 - 14:15	Studio 3
Virtual Yoga	14:30 - 15:00	Studio 3
Super Circuits	15:45 - 16:45	Activity Hall

This is a template for the timetable, it is subject to change. For the most accurate timetable please refer to our UofG Sport app or login to your UofG Sport account.

