

The Stevenson Building

Semester 1 (22nd Sept - 21st Dec 2025)

UofG
SPORT

Monday				
Pilates	07:00	-	08:00	Studio 3
VR30	07:30	-	08:00	Revolve
VR60	09:30	-	10:30	Revolve
Flow30	11:30	-	12:00	Studio 2
Kettlebells	12:15	-	13:00	Studio 3
VR30	13:15	-	13:45	Revolve
CombatCamp	13:15	-	14:00	Studio 3
Yoga	16:00	-	16:45	Studio 3
Rev45	17:15	-	18:00	Revolve
Pilates	17:15	-	18:00	Studio 2
Boxfitness	17:15	-	18:00	Studio 3
Womens GUSA hour	18:00	-	19:00	Studio 1
EngineX	18:15	-	19:15	Activity Hall
Total Body Workout	18:15	-	19:00	Studio 3
Rev45	18:15	-	19:00	Revolve

Tuesday				
Rev45	07:00	-	07:45	Revolve
Yoga	07:30	-	08:30	Studio 3
VR30	08:15	-	08:45	Revolve
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	12:15	-	13:00	Studio 2
Rev Classic	12:15	-	13:00	Revolve
VR45	13:15	-	14:00	Revolve
Pilates	13:15	-	14:00	Studio 2
Boxfitness	13:15	-	14:00	Studio 3
PowerX	13:15	-	14:00	PowerPlay
Kettlebells	17:00	-	17:45	Studio 3
Rev45	18:00	-	18:45	Revolve
Yoga	18:00	-	19:00	Studio 3
The Beast	19:00	-	20:00	Revolve

Wednesday				
Yoga	07:30	-	08:30	Studio 3
Womens GUSA hour	08:00	-	09:00	Studio 1
Total Body Workout	10:15	-	11:00	Studio 3
Core Conditioning	11:15	-	11:45	Studio 3
EngineX	12:15	-	13:00	Activity Hall
DanceFit	12:15	-	13:00	Studio 3
Yoga	13:15	-	14:15	Studio 2
Yoga	17:00	-	18:00	Studio 2
Rev45	17:15	-	18:00	Revolve
Rev30	18:15	-	18:45	Revolve

Thursday				
Rev45	07:00	-	07:45	Revolve
VR45	08:00	-	08:45	Revolve
PowerX	10:15	-	11:00	PowerPlay
Core Conditioning	11:30	-	12:00	Studio 3
VR45	12:15	-	13:00	Revolve
Total Body Workout	12:15	-	13:00	Studio 3
Parkfit*	12:15	-	13:00	Stevenson
Yin Yoga	12:15	-	13:15	Studio 2
Yoga	13:15	-	14:00	Studio 3
Boxfitness	16:15	-	17:00	Studio 3
Total Body Workout	17:15	-	18:00	Studio 3
EngineX	17:30	-	18:30	Activity Hall
Rev30	18:15	-	18:45	Revolve
Yoga	18:15	-	19:00	Studio 3
The Beast	19:00	-	20:00	Revolve

Friday				
REV30	07:15	-	07:45	Revolve
BeActive Aeromix	11:00	-	11:45	Studio 3
Pilates	12:15	-	13:00	Studio 2
Kettlebells	12:15	-	13:00	Studio 3
PowerX	12:15	-	13:00	PowerPlay
Core Conditioning	13:15	-	13:45	Studio 3
DanceFit	15:00	-	15:45	Studio 3
Flow30	16:00	-	16:30	Studio 3
Yin Yoga	17:00	-	18:00	Studio 3
VR45	17:15	-	18:00	Revolve
Womens GUSA hour	18:00	-	19:00	Studio 1
Bolly-X	18:15	-	19:00	Studio 3

Saturday				
Rev45	09:15	-	10:00	Revolve
Yoga	09:15	-	10:15	Studio 3
Rev45	10:15	-	11:00	Revolve
Total Body Workout	10:30	-	11:15	Studio 3
Flow30	11:30	-	12:00	Studio 3
DanceFit	12:15	-	13:00	Studio 3
Vr60	13:15	-	14:15	Revolve
Virtual Yoga	13:30	-	14:00	Studio 3
Virtual Pilates	14:15	-	14:45	Studio 3

Sunday				
VR30	09:45	-	10:15	Revolve
Total Body Workout	11:15	-	12:00	Studio 3
Combat Camp	12:15	-	13:00	Studio 3
VR45	13:15	-	14:00	Revolve
Pilates	13:15	-	14:15	Studio 3

*Meet Outside Stevenson Building
BeActive classes are included with Community Memberships (excluding Garscube only) or £5.00 PAYG

gla.ac.uk/sport/timetables

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.

