

Festive Timetable

Monday 22nd December - Sunday 4th January

***Please note: Garscube Sports Complex will be closed on these dates.**

Monday 22nd December

VR30	Revolve	07:30	-	08:00
VR60	Revolve	09:30	-	10:30
Flow30	Studio 2	11:30	-	12:00
VR30	Revolve	13:15	-	13:45
Boxfitness	Studio 3	17:15	-	18:00
GUSA Women-Only Hour	Studio 1	18:00	-	19:00
Total Body Workout	Studio 3	18:15	-	19:00

Tuesday 23rd December

Rev45	Revolve	07:00	-	07:45
Yoga	Studio 3	07:30	-	08:30
VR30	Revolve	08:15	-	08:45
VR45	Revolve	09:30	-	10:15
Flow 30	Studio 3	10:15	-	10:45
BeActive Aeromix	Studio 3	11:00	-	11:45
Total Body Workout	Studio 3	12:15	-	13:00
Yoga	Studio 2	12:15	-	13:00
VR45	Revolve	13:15	-	14:00
Pilates	Studio 2	13:15	-	14:00
Kettlebells	Studio 3	17:00	-	17:45
Rev45	Revolve	18:00	-	18:45
The Beast	Revolve	19:00	-	20:00

Closed 24th - 26th December

Saturday 27th December*

Rev45	Revolve	09:15	-	10:00
Rev45	Revolve	10:15	-	11:00
VR60	Revolve	13:15	-	14:15
Virtual Yoga	Studio 3	13:30	-	14:00
Virtual Pilates	Studio 3	14:15	-	14:45

Sunday 28th December*

VR30	Revolve	09:45	-	10:00
VR45	Revolve	13:15	-	14:00

Monday 29th December*

Virtual Pilates	Studio 3	12:15	-	12:45
Virtual Yoga	Studio 3	13:00	-	13:30

Tuesday 30th December*

Yoga	Studio 2	12:15	-	13:00
Pilates	Studio 2	13:15	-	14:00

Wednesday 31st December*

VR Total Body Workout	Studio 3	10:15	-	11:00
VR Core Conditioning	Studio 3	11:15	-	11:30

Closed 1st - 2nd January

Saturday 3rd January

Rev45	Revolve	09:15	-	10:00
Rev45	Revolve	10:15	-	11:00

Sunday 4th January

VR30	Revolve	09:45	-	10:15
Total Body Workout	Studio 3	11:15	-	12:00
Rev45	GSC Studio	10:30	-	11:15
Combat Camp	Studio 3	12:15	-	13:00
VR45	Revolve	13:15	-	14:00

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.

