

VIRTUAL CLASSES

Monday 19th October	07:45	HIIT
Monday 19th October	11:30	Total Body
Tuesday 20th October	08:30	Total Body
Tuesday 20th October	11:30	Resistance Bands & Core
Tuesday 20th October	16:00	Flow30
Wednesday 21st October	09:00	Total Body
Wednesday 21st October	12:00	Beats
Thursday 22nd October	11:00	Flow30
Thursday 22nd October	12:00	HIIT
Thursday 22nd October	13:00	Core
Friday 23rd October	08:30	Mobility & Stretch
Friday 23rd October	11:30	Pilates

OUTDOOR CLASSES

Monday 19th October	12:15	Parkfit	Meet outside Stevenson Building
Tuesday 20th October	12:15	Outdoor Circuits	Meet outside Stevenson Building
Thursday 22nd October	12:15	Parkfit	Meet outside Stevenson Building
Friday 23rd October	12:15	Outdoor Circuits	Meet outside Stevenson Building

Outdoor classes must be booked on the UofG Sport App

Book your visit with the **UofG Sport App**

The quickest, easiest way to access our live online classes and get all the latest updates about your gym facilities, fitness classes, Club Sport and more.

