

Fast Class Timetable

UofG
SPORT

Semester 2 (8th January - 24th March 2024)

Tuesday

Core15 16:00-16:15

Stretch15 16:15-16:30

Wednesday

Core15 09:15-09:30

Stretch15 09:30-09:45

Core 15 12:30-12:45

Box 15 12:45-13:00

Thursday

Core15 15:00-15:15

Box15 15:15-15:30

Saturday

Core15 13:30-13:45

Stretch15 13:45-14:00



Core15

This is the perfect challenge for your midsection. Work your abdominals and core muscles in this 15-minute workout.



Box15

Tag a pads-and-mitts session onto the beginning or end of your workout to keep yourself fighting fit.



Stretch15

15 minute stretch & mobility class to help improve functional capacity, better recovery and injury prevention.

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.



All Fast Classes take place in Pulse