



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>12.00pm</b>				MetaPWR (Natasha) 12.10pm-12.50pm Olympia Sports Hall	
<b>12.00pm</b>	Group Cycling (Vik) 12.10pm-12.50pm	Core stability (Vik) 12.10pm-12.50pm	Pilates (Hazel) 12.10pm-12.50pm	Zumba (Jo) 12.10pm-12.50pm	Barr Fitness (Rhiannon) 12.10pm-12.50pm
<b>1.00pm</b>	Yoga (Simon) 1.10pm-1.50pm		Circuits (Vik) 1.10pm-1.50pm	Yoga (Hatha) (Simon) 1.10pm-1.50pm	Group Cycling (Craig) 1.10pm-1.50pm
<b>4.00pm</b>				Calisthenics Strength Session (Arun) 4pm-4.50pm Ground Floor Weights Area	
<b>5.00pm</b>		Dance Fit (Christine) 5.10-5.55pm	Group Cycling (Christine) 5.10-5.55pm	Pilates (Hazel) 5.10pm-5.55pm	HIIT – High Intensity Interval Training Class (Katie) 5pm-5.55pm

- Please note – there are a limited number of places available on classes.
- Please arrive on time for your class. If you are more than 5 minutes late you may be refused entry to your class.
- This timetable is subject to change, as classes are reviewed on a monthly basis
- Classes not showing on the booking system are cancelled due to instructor or location unavailability. The Gym is closed and no Fitness Classes take place during University vacation period
- You must book for all classes, by logging on to <https://sports.tees.ac.uk/bookings> (valid sports members only), from 09.00, 6 days in advance