

SCU Fitness Centre Timetable - Winter 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	SWIM SQUAD	LES MILLS BODYPUMP 45'	SWIM SQUAD	Run Group 60'	SWIM SQUAD	
	HIIT 45'		HIIT 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYATTACK 30'	
	CYCLE 45'					
06:15			LES MILLS GRIT 30'			
06:30					LES MILLS GRIT 30'	BOOTCAMP 45'
07:00		PILATES 45'	YOGA 55'	PILATES 45'	LES MILLS BODYBALANCE 55'	CYCLE 45'
						YOGA 55'
08:10		SILVER CIRCUIT 45'		SILVER CIRCUIT 45'		LES MILLS BODYPUMP 45'
09:00				AQUA 45'		
12:10	AQUA 45'		AQUA 45'			
12:30		STRETCH 30'	MINDFULNESS 30'		MINDFULNESS 30'	
13:10	SGT 30'	YOGA 55'	SGT 30'	PILATES 55'	YOGA 55'	
			YOGA 55'			
16:30	LES MILLS BODYPUMP 45'	LES MILLS DANCE 30'	LES MILLS BODYPUMP 45'	LES MILLS CORE 30'	STRONG 45'	
17:00		LES MILLS CORE 30'		LES MILLS DANCE 30'		
17:15					PILATES 30'	
17:30	CYCLE 45'	BOX SQUAD 45'	CYCLE 45'	BOX SQUAD 45'	AQUA 45'	
	BOOTCAMP 45'	LES MILLS BODYBALANCE 55'	BOOTCAMP 45'	LES MILLS BODYBALANCE 55'		
17:45					LES MILLS BODYBALANCE 45'	

CLASS GUIDE

- Low Impact
- Med Impact
- High Impact

- Low Intensity
- Med Intensity
- High Intensity

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