



BISHOP
GROSSETESTE
UNIVERSITY

BGU Sport & Fitness Centre

CLASS TIMETABLE

» Monday	4.30pm - 5.15pm	Abs & Interval Training
	5.30pm - 6.30pm	Pilates
» Tuesday	6.45pm - 7.45pm	Zumba
» Wednesday	5.30pm - 6.15pm	Legs, Bums & Tums
	6.30pm - 7.15pm	Pilates
» Thursday	1.00pm - 2.00pm	Pilates
	6.30pm - 7.15pm	Cardiotone
» Friday	5.15pm - 6.15pm	Circuits

Class prices:

»BGU Students/Staff **£3.00**

»Public **£4.00**

»Concessions **£3.50**

FREE FOR MEMBERS!

BOOKING IN ADVANCE REQUIRED VIA EMAIL / PHONE

To book your place: ☎ (01522) 583680 ✉ sports@bishopg.ac.uk

For further information on classes please visit

www.bishopg.ac.uk/sportscentre | or ☎ (01522) 583680

*Class timetable subject to change