



BISHOP  
GROSSETESTE  
UNIVERSITY

# BGU Sport & Fitness Centre

## CLASS TIMETABLE

» <b>Monday</b>	4.30pm - 5.15pm	Abs & Interval Training
	5.30pm - 6.30pm	Pilates
» <b>Tuesday</b>	6.45pm - 7.45pm	Zumba
» <b>Wednesday</b>	5.30pm - 6.15pm	Legs, Bums & Tums
	6.30pm - 7.15pm	Pilates
» <b>Thursday</b>	1.00pm - 2.00pm	Pilates
	6.30pm - 7.15pm	Cardiotone
» <b>Friday</b>	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](mailto:sports@bishopg.ac.uk)

For further information on classes please visit

[www.bishopg.ac.uk/sportscentre](http://www.bishopg.ac.uk/sportscentre) | or ☎ (01522) 583680

\*Class timetable subject to change