### Weekly Schedule

#### Monday
- **B: Active Pulse**
  - 7:15-8am: SPINNING (JP 2)
  - 7:30-8:30am: BODY PUMP (HT 1)
  - 9:05-9:50am: OUTDOOR HIIT PILATES (JA 1)
  - 12:15-1pm: SWISS BALL ABS (RS 2)
  - 12:30-1:15pm: BALANCE (NW 3)
  - 12:30-1:45pm: TUMS, BUMS & THIGHS (KB 3)
  - 12:45-1:30pm: BODY CONDITIONING (KDP 3)
  - 1:15-2:15pm: HIIT WORKOUT (NW 2)
  - 1:15-2:45pm: YOGA (KB 3)
  - 4-5:30pm: SPINNING (DKP 3)
  - 5-6pm: BODY BALANCE (TP 1)
  - 6-7pm: BODY PUMP (JP 3)
  - 6:30-7:15pm: SPINNING (PL 2)

#### Tuesday
- **B: Active Pulse**
  - 7:15-8am: SPINNING (MG 2)
  - 7:30-8:30am: BODY PUMP (AE 1)
  - 8:15-9am: PURÉ ABS (MC 3)
  - 8:30-9:30am: TUMS, BUMS & THIGHS (VE 2)
  - 12:15-1pm: BODY PUMP (AA 2)
  - 12:30-1:45pm: BALANCE (NW 2)
  - 1:15-2:15pm: BODY CONDITIONING (KDP 3)
  - 2:30-3:15pm: HIIT WORKOUT (KB 3)
  - 3:30-4:15pm: SPINNING (MV 1)
  - 4:30-5:15pm: BODY BALANCE (KB 1)

#### Wednesday
- **B: Active Pulse**
  - 7:15-8am: SPINNING (MG 2)
  - 7:30-8:30am: BODY PUMP (AE 1)
  - 8:15-9am: BODY BALANCE (KA 1)
  - 8:30-9:30am: BODY PUMP (JA 1)
  - 10:45-11:30am: HATHA FLOW YOGA (KDP 3)
  - 11:15-12:00pm: ASHTANGA YOGA (CL 1)
  - 12:15-12:45pm: BARRE FIT (MC 3)
  - 1:30-2:15pm: STRONG (CN 3)
  - 2:45-3:15pm: H.I.T. SPIN (MC 3)
  - 4-5:30pm: SPINNING (MV 1)
  - 5-6pm: BARRE FIT (KB 3)

#### Thursday
- **B: Active Pulse**
  - 7:15-8am: SPINNING (MG 2)
  - 7:30-8:30am: BODY PUMP (AE 1)
  - 8:15-9am: BODY BALANCE (KB 3)
  - 8:30-9:30am: BODY PUMP (KA 1)
  - 9:30-10:15am: ASHTANGA YOGA (CL 1)
  - 10:45-11:30am: YOGA (KB 3)
  - 11:15-12:00pm: BODY PUMP (MC 3)
  - 12:15-12:45pm: BODY CONDITIONING (KDP 3)
  - 1:30-2:15pm: HIIT WORKOUT (KB 3)
  - 2:45-3:15pm: STRONG (CN 3)
  - 3:30-4:15pm: BODY PUMP (MV 1)

#### Friday
- **B: Active Pulse**
  - 7:15-8am: SPINNING (MG 2)
  - 7:30-8:30am: BODY PUMP (AE 1)
  - 8:15-9am: BODY BALANCE (KA 1)
  - 8:30-9:30am: BODY PUMP (JA 1)
  - 10:45-11:30am: HATHA FLOW YOGA (KDP 3)
  - 11:15-12:00pm: BODY PUMP (MC 3)
  - 12:15-12:45pm: BODY CONDITIONING (KDP 3)
  - 1:30-2:15pm: HIIT WORKOUT (KB 3)
  - 2:45-3:15pm: STRONG (CN 3)

#### Saturday
- **B: Active Pulse**
  - 9-9:50am: BODY PUMP (CL 1)
  - 10-10:45am: AEROBICS (JA 1)

### Locations
- 1 - Studio 1
- 2 - Studio 2
- 3 - Studio 3
- HALL - Sports Hall
- POOL - Swimming pool
- Students' Union
- DING - Coombe Dingle
- Sports Complex

### Instructors
- JA - Jane Alkerstone
- VE - Vanessa Edgel
- PL - Paul Lowe
- PW - Paula Whatman
- KB - Kerstin Bommer
- AE - Angie Edwards
- CN - Corinne Newman
- NW - Natascha Woofle
- EC - Eleanor Coates
- MG - Matt Goldsworthy
- JP - Jo Pirrie
- MC - Marcia Coles
- TH - Toby Holder
- PR - Paul Reynolds
- KDP - Katie Despres
- JGK - Jez Grattan-Kane
- RS - Rosie Street
- KD - Kaire Davidson
- CL - Claire Lewis
- HT - Helen Thomas
- NW - Nicki White
- MZC - Marilla Cawthorne
- NG - Nathan Gay
- IS - Ivet Sebestyen