<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
<th><strong>SUNDAY</strong></th>
</tr>
</thead>
</table>
| **BODY BALANCE**  
7-8pm  
Churchill Hall  
Common Room | **TABATA**  
9:30-10:30am  
Wills Chapel | **GYM INDUCTION & CLASSES**  
9am-5pm  
Hiatt Baker Gym | **TABATA**  
9:30-10:30am  
Wills Chapel | **BODY SCULPT**  
9:30-10:30am  
Wills Chapel | **SOCIAL TENNIS**  
1pm  
Badock Hall Tennis Courts | **AFRO CARIBBEAN WORKOUT - PILO**  
7:30-8:30pm  
Churchill Hall  
Common Room |
| **BOX FIT**  
7-8pm  
University Hall Bar | **YOGA WITH MEDITATION**  
5:45pm  
Churchill Hall | **HIIT**  
3-4pm  
Churchill Hall | **BODY BALANCE**  
7:30-8:30pm  
Wills Chapel | **AFRO CARIBBEAN WORKOUT - PILO**  
7:30-8:30pm  
Churchill Hall  
Common Room | | |
| **YOGA**  
2:30-3:30pm  
Northwell House | | | | | | |
| **SOCIAL SWIM**  
3:45-5pm  
Swimming Pool, Bristol SU | | | | | | |
| **CORE WORKOUT**  
6-7pm  
New Bridewell | **FUNK & SOUL FITNESS**  
6-7pm  
Orchard Heights  
Common Room | **YOGA**  
2:30-3:30pm  
Northwell House | | | | |
| | | | | | | |
| **AFRO CARIBBEAN WORKOUT - PILO**  
3-4pm  
Orchard Heights  
Common Room | | | | | | |
| | | | | | | |
| **BEGINNER’S PILATES**  
4-5pm  
The Courtrooms | | | | | | |
| **SOCIAL SWIM**  
3:45-5pm  
Swimming Pool, Bristol SU | | | | | | |
| **AFRO-CARIBBEAN FITNESS FUSION**  
7:30-8:30pm  
Goldney Hall Orangery | **SOCIAL SALSA**  
*6-7pm  
Clifton Hill House  
(*6:15-7:15 on 13 Nov) | **TOTAL BODY WORKOUT**  
2:15pm  
Manor Hall’s Great Hall | **CORE WORKOUT**  
5:45pm  
Manor Hall’s Great Hall | **SOCIAL TENNIS**  
2-3pm  
Clifton Hill House Courts | | |
| **YOGA**  
6:15-7:15pm  
Goldney Hall | **SOCIAL SWIM**  
3:45-5pm  
Swimming Pool, Bristol SU | | | | | |
| | | | | | | |
| | | | | | | |
| **ZUMBA**  
7-8pm  
Manor Hall's Great Hall | | | | | | |
| | | | | | | |
| | | | | | | |

All classes are free for students living in University accommodation. Book online to guarantee your space.

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