

STUDIO CLASSES PHASE 1 RETURN AND RESUME SEPTEMBER 2020



	TIME	CLASS	LOCATION	SPACES AVAILABLE
MONDAY	12.10pm - 12.50pm	FITNESS YOGA	DANCE STUDIO	12 SPACES
	12.10pm - 12.50pm	HIIT CIRCUIT	SPORTS HALL	16 SPACES
	12.15pm - 12.55pm	VIRTUAL CYCLEFIT	CYCLE AREA	12 SPACES
	1.10pm - 1.50pm	CORE FIT	DANCE STUDIO	12 SPACES
	5.15pm - 5.55pm	BODY ATTACK	SPORTS HALL	30 SPACES
	5.30pm - 6.20pm	COACHED CYCLEFIT	CYCLE AREA	11 SPACES
	5.30pm - 6.30pm	BODY PUMP	SSPE	18 SPACES
TUESDAY	8.10am - 8.50am	BODY BALANCE	DANCE STUDIO	12 SPACES
	8.10am - 8.50am	VIRTUAL CYCLEFIT	CYCLE AREA	12 SPACES
	10.30am - 11.20am	ACTIVE TONE	DANCE STUDIO	12 SPACES
	12.10pm - 12.50pm	HIIT CIRCUIT	SPORTS HALL	16 SPACES
	1.10pm - 1.50pm	BODY PUMP	SSPE	18 SPACES
	1.10pm - 1.50pm	WALKING FITNESS	OUTSIDE STRATHCLYDE SPORT	12 SPACES
	5.10pm - 6.00pm	ZUMBA	SPORTS HALL	30 SPACES
	5.30pm - 6.20pm	COACHED CYCLEFIT	CYCLE AREA	11 SPACES
WEDNESDAY	8.10am - 8.50am	HITT CIRCUIT	SPORTS HALL	16 SPACES
	12.10pm - 12.50pm	BODY PUMP	SSPE	18 SPACES
	12.10pm - 12.50pm	CORE FIT	DANCE STUDIO	12 SPACES
	1.10pm - 1.50pm	HITT CIRCUIT	SPORTS HALL	16 SPACES
	1.10pm - 1.50pm	FITNESS YOGA	DANCE STUDIO	12 SPACES
	1.15pm - 1.55pm	VIRTUAL CYCLEFIT	CYCLE AREA	12 SPACES
	5.15pm - 6.15pm	SEASONAL FLOW YOGA	DANCE STUDIO	12 SPACES
	5.20pm - 6.00pm	BODY ATTACK	SPORTS HALL	30 SPACES
	5.30pm - 6.20pm	COACHED CYCLEFIT	CYCLE AREA	11 SPACES
	6.15pm - 7.15pm	BODY PUMP	SSPE	18 SPACES
THURSDAY	8.10am - 8.50am	VIRTUAL CYCLEFIT	CYCLE AREA	12 SPACES
	11.15am - 11.50am	ACTIVE TONE	DANCE STUDIO	12 SPACES
	12.10pm - 12.50pm	BODY BALANCE	DANCE STUDIO	12 SPACES
	12.15pm - 1.00pm	BODY PUMP	SSPE	18 SPACES
	5.10pm - 5.50pm	HIIT CIRCUIT	SPORTS HALL	16 SPACES
	5.15pm - 6.15pm	PILATES	DANCE STUDIO	12 SPACES
FRIDAY	8.10am - 8.50am	PILATES	DANCE STUDIO	12 SPACES
	12.10pm - 12.50pm	STRETCH & FLEX	DANCE STUDIO	12 SPACES
	12.10pm - 12.50pm	VIRTUAL CYCLEFIT	CYCLE AREA	12 SPACES
	1.10pm - 1.50pm	WALKING FITNESS	OUTSIDE STRATHCLYDE SPORT	12 SPACES
	1.10pm - 1.50pm	HIIT CIRCUIT	SPORTS HALL	16 SPACES
	5.15pm - 6.15pm	VINYASA YOGA	DANCE STUDIO	12 SPACES
	5.30pm - 6.10pm	HIIT CIRCUIT	SPORTS HALL	16 SPACES

NOTE: ALL CLASS TIMES INCLUDE 5 MINUTES CLEANING BEFORE AND AFTER
MORE INFORMATION AVAILABLE AT WWW.STRATH.AC.UK