

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
07:00-08:00	Yoga with Carlton	07:15-08:00	Kettlebells with the Gym Team	07:15-08:00	Bootcamp with the Gym Team	07:15-08:00	HIIT & Abs with the Gym Team	07:15-08:00	Flex Friday with Magda	8:30-9:30	Yoga with Carlton
										10:00-10:45	LBT with Rachel
12:15-13:00	Pilates with Rachel	12:15-13:00	HIIT & Abs with Rachel	12:15-13:00	LBT with Helen	12:15-13:00	Boxercise with Clare	12:15-13:00	Pilates with Jaina		
17:30-18:15	LBT with Rachel	17:30-18:15	Pilates with Karly	17:30-18:15	Zumba with Amanda	17:30-18:15	Body Blitz with Jenna	17:30-18:15	DanceFIT with Jaina		
						18:30-19:15	PiYo with Jenna				

- Classes advertised will be streamed on our 'DMU Leisure' app.
- Simply download our app and click the LIVE CLASSES section shortly before the scheduled start time.
- Current timetable may be subject to change
- Be aware of your surroundings and make sure you have enough room to safely take part in any of the activities and exercises demonstrated
- Only workout to your own ability
- Always ensure you warm up and stretch before commencing any kind of aerobic activity



Download our App

