

# Studio Fitness Classes

From October 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		07.15-08.00	Kettlebells with the Gym Team			07.15-08.00	Bootcamp with the Gym Team				
										10.00-10.45	LBT with Rachel
										11.00-11.45	Spinning with Rachel
12.15-13.00	Spinning with Rachel	12.20-13.05	HIIT ,Step & Abs with Rachel	12.20-13.05	Spinning with Keily	12.15-13.00	Boxercise with Clare	12.00-12.45	Pilates with Jaina	<b>SUNDAY</b>	
										10.15-11.00	Yoga Sunday with Karly
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 Jaina	17.30-18.15	DiscoFIT with Reiss	11.15-12.00	FusionFit Sunday with Karly
18.30-19.15	Pilates & tone with Rachel	18.30-19.15	FusionFit with Karly	18.30-19.00	Abs Blast with Amanda	18.30-19.15	PiYo with Jaina	18.30-19.15	HIIT Friday with Reiss		

## Pool classes

THURSDAY
Splash Dance with Jaina 12.15-13.00

Toning	Holistic
Dance	Spin

Download our App



- Classes are bookable up to 6 days in advance for Gold & Silver members
- Entry to the building will be permitted 10 minutes prior to class time starting
- Non-members can pay £4.00 & book only 24 hours in advance
- Book using our app! Search DMU Leisure on your devices app store
- Bookings can also be made online, via phone or in person at reception
- Maximum participant level is **25** so book early to avoid disappointment
- 'No shows' for classes will be subject to a charge. Please cancel bookings at least two hours in advance if you are unable to attend