



**SPORT &
EXERCISE**

Class Timetable 23/05/16 – 11/09/16

Monday

Time	Class	Room/ Type
0715-0800	Spin Fit	V
1000-1100	'Active-for-Life' Fitness*	S1**
1215-1300	Les Mills Body Balance	S2
1310-1355	Spin Fit	V
1315-1400	Strength n' Tone Circuits	CG
1715-1805	Body Blitz	S1**
1725-1810	Spin Fit	V
1745-1845	Cardio Circuits	CG
1815-1900	Les Mills Body Attack	S1**
1910-2010	Spin Fit	V
1910-1955	Cardio Street Funk	S1**
2005-2105	Mind & Body	S2

Tuesday

Time	Class	Room/ Type
0710-0800	BeachBody Live Insanity	S1**
1215-1305	Body Blitz	S1**
1220-1240	Spin 'Blast'	V
1315-1400	Cardio Circuits	CG
1655-1745	BeachBody Live Insanity	S1**
1725-1810	Spin Fit	V
1755-1840	BeachBody Live PiYo	S2
1815-1900	Strength n' Tone Circuits	CG
1850-1920	Abs 'Blast'	S1**
1930-2030	Les Mills RPM	V

Wednesday

Time	Class	Room/ Type
0715-0800	Spin Fit	V
1000-1100	'Active-for-Life' Yoga*	S2
1215-1300	Les Mills Body Attack	S1**
1310-1355	Spin Fit	V
1315-1400	Strength n' Tone Circuits	CG
1645-1730	Les Mills Body Combat	S1**
1725-1810	Les Mills RPM	V
1735-1805	Abs 'Blast'	S1**
1745-1845	Cardio Circuits	CG
1815-1905	Body Blitz	S1**
1830-1930	Spin Fit	V
1915-2000	Dance Fit	S1**

Thursday

Time	Class	Room/ Type
0715-0745	Metafit	S1**
1215-1300	Les Mills Body Balance	S2
1220-1240	Spin 'Blast'	V
1315-1400	Cardio Circuits	CG
1715-1800	Cardio Street Funk	S1**
1725-1810	Les Mills RPM	V
1745-1845	Cardio Circuits	CG
1815-1905	Body Blitz	S1**
1915-2000	Les Mills Body Combat	S1**

Friday

Time	Class	Room/ Type
0715-0800	Spin Fit	V
1000-1100	'Active-for-Life' Circuits*	CG
1215-1305	BeachBody Live Insanity	S1**
1310-1355	Spin Fit	V
1315-1400	Strength n' Tone Circuits	CG
1720-1750	Circuit Blast	CG
1725-1825	Les Mills RPM	V
1800-1830	Abs 'Blast'	S1**
1835-1920	Combat Fit	S1**

Saturday

Time	Class	Room/ Type
0930-1030	Spin Fit	V
0945-1030	Dance Fit	S1**
1045-1135	Body Blitz	S1**
1145-1230	Combat Fit	S1**
1400-1430	Abs 'Blast'	S2
1500-1530	Circuit 'Blast'	CG
1600-1620	Spin 'Blast'	V

Sunday

Time	Class	Room/ Type
1015-1100	Strength n' Tone Circuits	CG
1115-1200	Cardio Street Funk	S1**
1400-1430	TRX 'Blast'	CG
1500-1530	Circuit 'Blast'	CG
1600-1620	Spin 'Blast'	V

V = Velocity CG = Circuit Gym S1 = Studio S2 = Salle

Red = High Intensity Blue = Muscular Endurance Blue = Relaxation Green = Dance Purple = Les Mills & BeachBody Live

HIGH INTENSITY

Get your heart pumping and muscles burning with our high intensity classes. Great for those who enjoy a challenge!

MUSCULAR ENDURANCE

Work harder for longer. Our muscular endurance classes help you achieve a higher work rate for long periods of time.

RELAXATION

Focus your body and mind, these classes concentrate on relaxation, control and stability. Perfect your technique and feel great!

DANCE

Move to the beat of the music to improve your cardio fitness and dance skills. Come and get your whole body moving with our dance classes!

NEW!

LES MILLS & BEACHBODY LIVE

We are delighted to have added Les Mills and BeachBody Live classes to our summer timetable.

Pick up your summer timetable today or visit sport.ed.ac.uk



*Non-members can drop in for £3
**Relocates to S2 from Monday 25th July 2016