

Spring Timetable

January - May 2019



Northumbria
University
NEWCASTLE

Monday

07:15 - 07:45	Revolution	Atrium
07:15 - 07:45	Body Pump	Upper Hall
07:45 - 08:00	Ab Blast	Atrium
09:00 - 09:30	Queenax	Gym
12:15 - 12:45	Body Pump	Upper Hall
12:15 - 13:15	Yoga	Corry
13:15 - 13:45	HIIT	Upper Hall
17:15 - 18:00	Revolution	Atrium
17:15 - 18:00	Zumba	Upper Hall
18:00 - 18:15	Ab Blast	Atrium
18:30 - 19:00	Metafit	Upper Hall
19:30 - 20:00	Queenax	Gym

Tuesday

07:15 - 08:00	Bootcamp	Upper Hall
07:30 - 08:15	Stretch & Tone	Corry
09:00 - 09:30	Queenax	Gym
12:15 - 12:45	Queenax	Gym
12:15 - 12:45	Revolution	Atrium
12:45 - 13:00	Ab Blast	Atrium
13:15 - 13:45	HIIT	Upper Hall
17:15 - 18:15	Body Pump	Upper Hall
18:15 - 19:00	Revolution	Atrium
18:30 - 19:00	Metafit	Upper Hall
19:00 - 19:15	Ab Blast	Atrium

Wednesday

07:15 - 07:45	Circuits	Upper Hall
07:45 - 08:00	Ab Blast	Upper Hall
09:00 - 09:30	Queenax	Gym
12:15 - 12:45	Revolution	Atrium
12:15 - 12:45	HIIT	Upper Hall
12:15 - 13:00	Aqua Jog	Pool
13:15 - 13:45	Queenax	Gym
17:15 - 18:00	Pilates	Upper Hall
18:15 - 19:00	Kettlebells	Upper Hall
18:15 - 19:00	Revolution	Atrium
19:00 - 19:15	Ab Blast	Atrium
19:30 - 20:00	Queenax	Gym

Thursday

07:15 - 08:00	Bootcamp	Upper Hall
07:30 - 08:15	Stretch & Tone	Corry
09:00 - 09:30	Queenax	Gym
12:15 - 12:45	Pilates	Corry
12:15 - 12:45	Revolution	Atrium
12:45 - 13:00	Ab Blast	Atrium
17:30 - 18:15	Circuits	Upper Hall
18:15 - 19:00	Revolution	Atrium
18:30 - 19:00	Metafit	Upper Hall
19:00 - 19:15	Ab Blast	Atrium

Friday

07:15 - 07:45	Revolution	Atrium
07:15 - 07:45	Metafit	Squash
07:45 - 08:00	Ab Blast	Atrium
09:00 - 09:30	Queenax	Gym
12:15 - 12:45	Girls Who Lift	Gym
12:15 - 12:45	Body Pump	Upper Hall
12:15 - 12:45	Queenax	Gym
12:15 - 13:15	Yoga	Corry
13:15 - 13:45	Girls Who Lift	Gym
17:15 - 18:00	Boxfit	Upper Hall
18:15 - 19:00	Kettlebells	Upper Hall
19:00 - 19:15	Ab Blast	Upper Hall

Saturday

12:15 - 12:45	Queenax	Gym
12:45 - 13:00	Ab Blast	Gym
17:00 - 17:45	Bootcamp	Upper Hall
17:45 - 18:00	Ab Blast	Upper Hall

Sunday

12:15 - 13:00	Boxfit	Upper Hall
16:00 - 16:45	Pilates	Corry
17:00 - 17:30	Queenax	Gym
17:30 - 17:45	Ab Blast	Gym

To book visit: Sport Central northumbriasport.com Northumbria Sport app