

FITNESS CLASSES

OCTOBER 2021 - AUGUST 2022

MONDAY

07:40 - 08:20	Precision Cycling	Studio 2
13:10 - 13:50	Core Fit	Studio 1
17:10 - 17:50	Total Tone	Studio 1
17:20 - 18:00	Precision Cycling	Studio 2
18:05 - 18:55	Yoga	Studio 1
18:10 - 18:50	Circuits	Hall 1
19:10 - 19:50	FIIT81	Platfform81

TUESDAY

13:10 - 13:50	Bootcamp	Platfform 81
17:10 - 17:50	HIIT81	Platfform 81
18:10 - 18:50	Precision Cycling	Studio 2
18:20 - 19:00	Cardio-Pump	Studio 1
19:10 - 19:50	Kettlebells	Studio 1

WEDNESDAY

07:40 - 08:20	Precision Cycling	Studio 2
10:10 - 10:50	Nifty Fifties	Studio 1
17:10 - 17:50	Precision Cycling	Studio 2
18:10 - 18:50	FIIT81	Platfform 81
19:10 - 20:30	Yoga	Studio 1

THURSDAY

17:05 - 17:55	Yoga	Studio 1
17:10 - 17:50	Precision Cycling	Studio 2
18:10 - 18:50	HIIT Step	Studio 1
19:10 - 19:50	HIIT81	Platfform 81

FRIDAY

17:05 - 17:55	Precision Cycling	Studio 2
17:10 - 17:50	HIIT Step	Studio 1
18:10 - 18:50	Precision Cycling	Studio 2
19:10 - 19:50	FIIT81	Platfform 81

SATURDAY

09:10 - 09:50	FIIT81	Platfform 81
10:10 - 10:50	Precision Cycling	Studio 2

SUNDAY

10:10 - 10:50	Precision Cycling	Studio 2
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**BOOK YOUR
CLASSES ONLINE @**

bangor.ac.uk/sportbangor/classes



OPENING TIMES

■ MONDAY - FRIDAY 07:00 - 22:00
(Last entry 21:15)

■ SATURDAY - SUNDAY 08:30 - 20:00
(Last entry 19:15)

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