



UNIVERSITY OF
LEICESTER

The Danielle Brown Sports Centre Group Exercise Classes

Sport & Active Life

Monday	
07.15 08.00	Pilates
10.00 10.45	Circuits
12.15 13.00	Circuits
12.30 13.15	Legs, Bums & Tums <i>(Ladies session only)</i>
13.15 14.00	Pilates
17.15 18.15	Zumba®
18.00 18.45	Indoor Cycling
18.15 19.00	Body Conditioning
18.15 19.00	Aqua
19.00 20.00	BODYSTEP
20.00 20.30	CXWORX

Tuesday	
07.00 07.45	BODYPUMP
09.30 10.00	Total Abs
10.00 11.00	AOBW
12.00 12.45	BODYPUMP
12.45 13.15	CXWORX
13.15 14.05	INSANITY®
17.30 18.15	BODYCOMBAT
18.15 19.15	BODYJAM
19.30 21.00	Yoga
20.00 21.30	Futsal

Wednesday	
07.00 08.00	Yoga
10.00 10.30	metafit®
10.30 11.00	metafit®
12.15 13.00	Circuits
13.00 13.45	Indoor Cycling
13.00 14.00	Zumba® Toning <i>(Ladies session only)</i>
14.00 15.00	Pilates
17.15 18.15	Pilates
18.00 18.45	Indoor Cycling
18.30 19.30	BODYPUMP

Thursday	
07.30 08.15	Indoor Cycling
09.30 11.00	Yoga
12.00 12.45	BODYPUMP
12.30 13.15	Aqua
13.00 13.45	Stretch
17.15 18.15	Boxercise
18.00 18.45	Skipping
18.15 19.05	INSANITY®
18.30 19.15	Indoor Cycling
18.30 20.00	Futsal
18.45 19.15	Total Abs
19.15 20.00	BODYPUMP

Friday	
07.00 07.45	BODYPUMP
09.30 10.30	Running Club
09.45 10.30	Aqua
10.00 11.00	Legs, Bums & Tums
12.00 12.45	BODYPUMP
12.30 13.15	Indoor Cycling
12.45 13.35	INSANITY®
17.15 18.15	BODYBALANCE
18.30 19.30	BODYATTACK
19.30 21.00	Yoga <i>(Ladies session only)</i>

Saturday	
09.00 09.45	Indoor Cycling
09.00 10.00	Pilates
10.00 11.00	BODYATTACK
11.00 12.00	BODYPUMP
Sunday	
10.00 11.00	BODYPUMP
11.00 12.00	BODYBALANCE
17.00 18.30	Yoga

- All Classes are bookable 6 days in advance
- Book at Sports Centre reception or online – Contact reception for details
- The current timetable is subject to change in certain circumstances (i.e. instructor illness or holiday)
- Timetable effective from Monday 9 April 2018



Scan for
up to date
information

Tel: 0116 252 3118

- Studio 1
- Studio 2
- Gym
- Pool
- Outside
- Sports hall
- Ladies only session