

# Fitness Class Timetable

30th September—15th December 2019

Follow us on Social Media: @sportwelluos



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Cycling 30mins ICR 12:15-12:45	Core Fitness JSH 12:15-12:45	Indoor Cycling 30mins ICR 07:30-08:00	Indoor Cycling 30mins ICR 07:30-08:00	Indoor Cycling 30mins ICR 07:30-08:00	Zumba JSH
LBT JSH 13:00-13:30	Total Stretch JSH 12:45-13:15	Core Fitness MFS 12:15-12:45	Yoga MA 12:00-13:00	Indoor Cycling 30mins ICR 12:15-12:45	L.B.T. JSH 11:00-11:45
Fitness Yoga JSH 13:30-14:00	Zumba MFS 12:15-13:00	Indoor Cycling 45mins ICR 12:15-13:00	Indoor Cycling 30mins ICR 12:15-12:45	Core Fitness MFS 12:15-12:45	
Yoga MA 13:00-14:00	Indoor Cycling 45mins ICR 12:30-13:15	Yoga MA 12:30-13:30	Pilates MFS 12:15-13:00	Fitness Pilates JSH 12:30-13:00	
Les Mills Body Pump TSH 17:15-18:15	Express HIIT MFS 13:15-13:45	Yoga MFS 13:00-14:00	L.B.T. JSH 13:00-13:30	Les Mills Body Pump TSH 12:45-13:30	
Latin Fusion JSH 17:30-18:15	Pre-Natal Fitness MA 13:30-14:15	Zumba JSH 13:00-13:45	Fitness Yoga JSH 13:30-14:00	Total Stretch JSH 13:00-13:30	
Indoor Cycling 45mins ICR 17:30-18:15	Pilates MA 16:30-17:15	Pilates MA 14:30-15:15	STRONG by Zumba MFS 13:05-13:35	Indoor Cycling 30mins ICR 18:30-19:00	
Aqua Zumba SP 18:30-19:15	STRONG by Zumba JSH 17:00-18:00	Yoga MA 17:00-18:00	Zumba JSH 17:15-18:00	Master Swim SP 18:30-19:30	
HIIT 45mins TSH 18:30-19:15	Pilates MA 17:30-18:30	Les Mills Body Pump TSH 17:15-18:15	AquaFit SP 18:15-19:00		
Indoor Cycling 60mins ICR 18:30-19:30	Circuits JSH 18:15-19:00	Express HIIT MFS 18:15-18:45	Circuits JSH 18:15-19:15		
Express HIIT MFS 18:30-19:00		HIIT TSH 18:30-19:15			
		Indoor Cycling 45mins ICR 18:30-19:15			
		Master Swim SP 19:00-20:00			

## Class Types

Base Line

High Intensity

Mind and Body

Water Workout

## Locations

### Jubilee Sports Centre

JSH: Jubilee Sports Hall

ICR: Indoor Cycling Room

SP: Swimming Pool

### SUSU (Highfield Campus)

TSH: Team Southampton Hall

MA: Martial Arts Studio

### Mayflower Gym

MFS: Mayflower Studio

**All classes need to be booked in advance at the Jubilee Sports Centre or Mayflower Gym, or via the online booking system.**

### Baseline Classes

These classes are suitable for all. They work on improving and maintaining participants fitness levels.

L.B.T	Latin Fusion
Core Fitness	Pre-Natal Fitness

### High Intensity Classes

These cardiovascular workouts are challenging and intense. They are great fat burners and will improve overall stamina

Les Mills Body Pump	STRONG by Zumba
Express HIIT	Zumba
Circuits	Indoor Cycling
HIIT	

### Mind and Body Classes

These workouts are for the mind and body, concentrating on muscular movements using breathing patterns and paying attention to form and alignment, improving the flexibility of the muscles. Suitable for all participants.

Fitness Pilates	Fitness Yoga
Pilates	Yoga
Total Stretch	

### Water Workout

Classes based in the Swimming Pool.

Aquafit	Master Swim
Aqua Aerobics	

Full class descriptions can be found on our website at [www.southampton.ac.uk/sportandwellbeing/activities/classes.page](http://www.southampton.ac.uk/sportandwellbeing/activities/classes.page)

### Prices

Membership Type	Price: Off Peak	Price: Peak (16:00-20:00)
Peak Performer	Included in membership	Included in membership
Frequent Fitness	Included in membership	£5.00
Workout Central (Mayflower Classes)	Included in membership	Included in membership
Workout Central (Jubilee and SUSU classes), Sports Pass and PAYG	£5.00	£5.00

### Important Information

Please note timetables are subject to change.

Up to date class and closure information can be found on our online timetables at [www.southampton.ac.uk/sportandwellbeing](http://www.southampton.ac.uk/sportandwellbeing) and on the MySouthampton, GymJam and SwimIO Apps. Please note that not all classes will run outside of term time.

**We recommend you check the timetable online before attending a class.**

Classes must be paid for before attending. Failure to attend a pre-booked slot without notifying us in advance will result in a fine of £5.00.

Please ensure you arrive on time for your class. Participants arriving late may be turned away if they have missed the warm up. Please bring a towel and a bottle of water to class.

### Extra Classes

As part of our partnership with Active Nation, Student and Staff Peak Performer, Frequent Fitness and Workout Central members can access some of the classes at Active Nation. More information about the classes available, and how to access these, can be found on our website.