

VIRTUAL TIMETABLE

16 - 27 SEPTEMBER

Monday		
TIME	CLASS	STUDIO
07.45	Spinning	1
12.15	CX	1
13.00	Pump	1
17.15	GRIT	1

Tuesday		
TIME	CLASS	STUDIO
08.00	Spinning	1
12.15	Combat	1
13.00	Balance	1
17.15	Pump*	1

Wednesday		
TIME	CLASS	STUDIO
07.45	Balance	1
12.15	Combat	1
13.00	CX	1
17.15	Spinning*	1

Thursday		
TIME	CLASS	STUDIO
07.45	Balance	1
12.15	Spinning	1
13.00	GRIT	1
17.15	Pump*	1

Friday		
TIME	CLASS	STUDIO
07.45	Spinning	1
12.15	Combat	1
13.00	CX	1
17.15	GRIT	1

BOOK ONTO YOUR CLASS AT TEAM HUD RECEPTION OR BOOK ONLINE AT: sports.hud.ac.uk/booking

All half hour sessions unless marked with (*) are 45 minutes