

City Centre Wellbeing Studio

Classes commence on Monday 18th September – Saturday 16th December 2023. Please note the Studio is closed on Bank Holidays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 – 8am Yoga with Sukhy		7 – 8am Yoga with Sukhy			9am – 10am Pilates with Konstantina
				2 pm– 3pm Zumba with Anita	
				3pm – 4pm Strength and Conditioning with Anita	
4:30pm – 5:30pm Yoga with Ioana (Beginners)	4:30 – 5:30 Boxercise with Hannah	4:30 – 5:30 Advanced Yoga with Ioana		4:30pm – 5:30pm Stressbox with Liam (Boxing, meditation and music)	
5:30pm – 6:30pm Pilates with Konstantina	5:30 – 6:30 Legs, Bums and Tums/ S&C with Hannah	5:30 – 6:30 Beginner’s Ballet with Ruth	5:30pm – 6:30pm Pilates with Konstantina	5:30pm – 6:30pm Synchra with Liam (Meditation inspired by Yin Yoga)	
		6:30 – 7:30 Improvers Ballet with Ruth			

The classes are located at the [City Centre Wellbeing Studio at University Locks](#).

Please note there are no changing facilities or showers at the University locks. Showers at the city centre campus can be located on the Interactive Campus Map [here](#).

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