

# Monday

Activity	Venue	Day/Time
Group Cycling - Virtual	Studio 1, Centre for Sport	Mon 08:30-09:00
Badminton	Sports Hall, Centre for Sport	Mon 09:30-11:00
Basketball	Sports Hall, Centre for Sport	Mon 11:00-12:00
Hula Hooping	Bower Ashton: 1D003	Mon 12:15-13:00
Hula Hooping	Studio 1, Centre for Sport	Mon 13:00-13:45
Table Tennis	Sports Hall, Centre for Sport	Mon 12:00-13:00
Strength and Sweat	Studio 2, Centre for Sport	Mon 12:00-13:00
MenoSTRENGTH	Studio 1, Centre for Sport	Mon 12:00-12:45
Yoga	Online	Mon 13:30-14:30
Strength for Aerial Hoop	Studio 1, Centre for Sport	Mon 14:00-14:45
BarreX	Studio 1, Centre for Sport	Mon 13:00-14:00
3v3 Basketball	Sports Hall, Centre for Sport	Mon 13:00-15:00
Flag Football	Astro, Centre for Sport	Mon 18:00-19:00
Yoga	Bower Ashton: 1D003	Mon 16:30-17:30
Pilates	Online	Mon 17:00-18:00
Boxercise	Glenside: 1C08	Mon 17:30-18:30
Laughter Yoga	Studio 2, Centre for Sport	Mon 17:30-18:30
Pilates	Glenside: 1C08	Mon 18:30-17:30

You must book the session before attending.

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# Monday (continued)

Activity	Venue	Day/Time
Yoga	Activity Studio, Frenchay SU	Mon 18:00-19:00
Swim Lesson: Beginners	University of Bristol Pool	Mon 18:00-18:30
Swim Lesson: Improvers	University of Bristol Pool	Mon 18:30-19:00
Step Aerobics	Studio 1, Centre for Sport	Mon 18:45-19:30
Building Confidence Yoga	Studio 2, Centre for Sport	Mon 19:15-20:00
Sass	Studio 1, Centre for Sport	Mon 19:35-20:15
Bollywood	Studio 1, Centre for Sport	Mon 20:20-21:00
Meditation	Studio 2, Centre for Sport	Mon 20:00-20:45
Hot Yoga (Classic Furie)	YogaFurie, Ashley Down	Mon 21:00-22:00

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# Tuesday

Activity	Venue	Day/Time
BarreX	Studio 1, Centre for Sport	Tues 09:30-10:30
Calm Vibes Dance	Studio 1, Centre for Sport	Tues 10:45-11:30
Dancefit	Studio 1, Centre for Sport	Tues 12:00-12:50
Pilates	Online	Tues 12:00-12:50
Abs and Core	Online	Tues 13:00-13:30
Vinyasa Yoga - Virtual	Studio 1, Centre for Sport	Tues 15:00-15:50
Run Group	Meet at Centre for Sport	Tues 17:15-18:15
Meditation	Bower Ashton: 1D005	Tues 17:30-18:30
Barre Classic	The Barre Fitness Studio, Whiteladies Road	Tues 17:00-17:50
Bouncing	Jump Studio, St Philips	Tues 17:30-18:30
Climbing	Climbing Wall, Centre for Sport	Tues 18:00-19:00
Aerial Hoop and Silks	Upper Engagement Space, Frenchay SU	Tues 18:30-20:00
Zorb Football	Astro, Centre for Sport	Tues 19:00-20:00
Archery Tag	Astro, Centre for Sport	Tues 20:00-21:00
Carnival Fitness	Studio 1, Centre for Sport	Tues 20:00-21:00
Relax and Recharge	Studio 2, Centre for Sport	Tues 20:15-21:00
DNB Boxing	Jump Studio, St Philips	Tues 20:30-21:30

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# Wednesday

Activity	Venue	Day/Time
Intro to Free Weights	The Gym, Centre for Sport	Weds 07:30-08:15
FIND15 Yoga	Online	Weds 08:40-08:55
Badminton	Sports Hall, Centre for Sport	Weds 09:00-10:00
Social Swim	University of Bristol Pool	Weds 09:00-11:00
Basketball	Sports Hall, Centre for Sport	Weds 10:00-11:00
Yoga	The Octagon, Frenchay Campus	Weds 12:15-13:00
Barre Classic	The Barre Fitness Studio, Whiteladies Road	Weds 12:15-13:15
Pole	Maya Studio, Glos Road	Weds 16:15-17:15
Yoga	Glenside: 1C08	Weds 17:00-18:00
Social Swim	University of Bristol Pool	Weds 18:00-19:00
Outdoor Football	Astro, Centre for Sport	Weds 18:00-20:00
Afrobics	The Hideout, St Judes	Weds 19:10-20:10
Outdoor Football	Astro, Centre for Sport	Weds 20:00-22:00
Relaxing Stretch - Virtual	Studio 1, Centre for Sport	Weds 20:00-20:20
Deep Relaxation Yoga	Centre for Music	Weds 18:45-19:45
Futsal	Sports Hall, Centre for Sport	Weds 20:30-22:30
Flamenco Passion - Virtual	Studio 1, Centre for Sport	Weds 21:00-21:55
Late Night Yoga	The Octagon, Frenchay Campus	Weds 22:00-22:45

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# Thursday

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Activity	Venue	Day/Time
Intro to Gym	The Gym, Centre for Sport	Thurs 08:15-09:00
Basketball	Sports Hall, Centre for Sport	Thurs 10:00-12:00
Volleyball	Sports Hall, Centre for Sport	Thurs 10:00-11:00
Table Tennis	Sports Hall, Centre for Sport	Thurs 11:00-12:00
Run Group	Meet at the Centre for Sport	Thurs 12:00-12:45
Tai Chi and Qi Gong	Sports Hall, Centre for Sport	Thurs 12:30-13:30
Badminton	Sports Hall, Centre for Sport	Thurs 12:00-13:00
Hula Hooping	Studio 1, Centre for Sport	Thurs 13:15-14:15
Yoga	The Wild Box, Southville	Thurs 15:30-16:30
Touch Rugby	Hillside Gardens	Thurs 16:00-17:30
3v3 Basketball	Sports Hall, Centre for Sport	Thurs 16:00-18:00
Yoga	Arnolfini: 4AF0013	Thurs 17:15-18:00
Squash	Centre for Sport	Thurs 16:50-18:10
Aerial Hoop and Silks	Upper Engagement Space, Frenchay SU	Thurs 18:30-20:00
Breathe Away Stress	The Hideout, St Judes	Thurs 17:00-18:00
Fit at Home	Online	Thurs 17:10-17:55
Fitness Pilates	Jump Studio, St Philips	Thurs 17:30-18:30
Legs and Core	Online	Thurs 19:00-19:45
Wheelchair Basketball	Sports Hall, Centre for Sport	Thurs 19:30-20:30
Dancefit	Studio 1, Centre for Sport	Thurs 19:30-20:10
Flexibility and Stretch	Studio 2, Centre for Sport	Thurs 20:15-20:45
Outdoor Football	Astro, Centre for Sport	Thurs 20:00-22:00
Yoga	Studio 2, Centre for Sport	Thurs 20:00-20:45

# Friday

Activity	Venue	Day/Time
Learn to Meditate	Online	Fri 08:15-09:00
Intro to Gym	The Gym, Centre for Sport	Fri 11:00-11:45
MenoPILATES	The Octagon, Frenchay Campus	Fri 12:00-13:00
Intro to Free Weights	The Gym, Centre for Sport	Fri 12:00-12:45
Yoga	Glenside: 1C08	Fri 12:00-13:00
Pilates	Online	Fri 13:15-14:00
Guided Meditation - Virtual	Studio 1, Centre for Sport	Fri 16:00-16.:15
Tai Chi and Qi Gong	Studio 2, Centre for Sport	Fri 17:00-18:00
Relax, Breathe and Meditate	Studio 2, Centre for Sport	Fri 18:00-18:45
Student Life Racket Sport	Sports Hall, Centre for Sport	Fri 17:30-18:30
Ab Attack	Online	Fri 17:15-17:55
Outdoor Football	Astro, Centre for Sport	Fri 18:00-20:00
BarreX	Studio 1, Centre for Sport	Fri 18:20-19:15
Belly Dancing	Jump Studio, St Philips	Fri 19:00-20:00
Sass	Studio 1, Centre for Sport	Fri 19:45-20:30

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# Saturday

Activity	Venue	Day/Time
Mindful Movement	Studio 1, Centre for Sport	Sat 10:00-11:00
Flow Yoga - Virtual	Studio 1, Centre for Sport	Sat 13:00-13:30
LGBTQ+ Swim	University of Bristol Pool	Sat 13:30-14:30
Flow Away the Stress - Virtual	Studio 1, Centre for Sport	Sat 17:00-17:20
Outdoor Football	Astro, Centre for Sport	Sat 17:30-19:30

# Sunday

Activity	Venue	Day/Time
Flow Yoga - Virtual	Studio 1, Centre for Sport	Sun 09:30-10:00
Pilates	Online	Sun 10:00-11:00
Women's Basketball	Sports Hall, Centre for Sport	Sun 14:30-15:30
Mixed Basketball	Sports Hall, Centre for Sport	Sun 14:30-16:30
Touch Rugby	Hillside Gardens	Sun 18:00-20:00
Outdoor Football	Astro, Centre for Sport	Sun 17:30-19:00
Steady Flow Yoga - Virtual	Studio 1, Centre for Sport	Sun 19:00-19:35

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