|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| HIIT 8:00 - 8:45Studio 2  |  | **Yoga****08:00 – 08:45****Studio 2** |  | **Yoga****8:00 – 8:45****Studio 2** | **Indoor cycle** **10:00 – 10:45****Studio 2** |  |
|  |  |  |  |  | **Pump****11:00 – 11:45****Studio 2** |  |
|  |  | **Kettlebells** **12:00 – 12:45****Studio 2** |  | **LBT****12:00 - 12:45****Studio 2** |  |  |
| Indoor cycle 17:00 – 17:45Studio 2 |  |  | **Indoor cycle** **17:00 – 17:45****Studio 2** |  |  |  |
| Body HIIT18:00 – 18:45Studio 2 | **Yoga****18:00 - 18:45****Studio 2**  |  | **Pump****18:00 – 18:45****Studio 2** |  |  |  |

**Cyncoed** Fitness Classes



For outdoor classes please meet **OUTSIDE** the doors to the main gym and wait for the instructor.

All classes **MUST** be booked on our app before arriving. Failure to show results in a £2 fine.

For classes in studio 2 please wait **OUTSIDE** the room until the instructor allows you in.



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Yoga 8:00 – 8:45Comp Therapy |  |  |  | **Yoga****8:00 – 8:45****Comp Therapy** |
|  |  |  |  |  |
| Circuits13:00 – 13:45Outdoors & Online | **Bootcamp****12:45 – 13:30****Outdoors & Online** | **Kettlebells** **13:00 – 13:45** **Outdoors & Online**  | **Yoga****12:30 – 13:15****Plas Gwyn** | **Bootcamp****12:45 – 13:30****Outdoors & Online** |
| Circuits14:30 - 15:15Plas Gwyn | **Bootcamp****14:30 - 15:15** **Plas Gwyn** | **Kettlebells****14:30 – 15:15****Plas Gwyn** |  | **HIIT****14:30 – 15:15****Plas Gwyn** |
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For classes in the comp therapy room, please meet **OUTSIDE** D-Block and wait for the instructor to allow you in.

For outdoor classes please meet **OUTSIDE** the doors to the SU at the front of campus.

All classes **MUST** be booked on our app before arriving. Failure to show results in a £2 fine.

**Llandaff & Plas Gwyn** Fitness Classes