|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| HIIT  8:00 - 8:30  Studio 2 | **Couch to 5k running**  **8:00 - 8:45**  **Outdoors** |  |  | **Yoga**  **8:00 – 8:45**  **Studio 2** | **Indoor cycle**  **10:00 – 10:45**  **Studio 2** |  |
| Yoga  12:00 – 12:45  Studio 2 | **5k – 10k run group**  **9:00 - 9:45**  **Outdoors** | **Kettlebells**  **12:00 – 12:45**  **Studio 2** | **Bootcamp**  **12:00 – 12:45**  **Studio 2** | **LBT**  **12:00 - 12:45**  **Studio 2** | **Body HIIT**  **11:00 – 11:45**  **Studio 2** |  |
|  | **Indoor Cycle**  **10:00 – 10:45**  **Studio 2** |  |  |  | **Core workout**  **13:00 - 13:45**  **Studio 2** | **Bootcamp**  **13:00 - 13:45**  **Studio 2** |
| Indoor cycle  17:00 – 17:45  Studio 2 | **Pilates**  **12:00 – 12:45**  **Studio 2** |  | **Indoor cycle**  **17:00 – 17:45**  **Studio 2** |  | **Kettlebells**  **15:00 – 15:45**  **Studio 2** | **Stretching & Core**  **15:00 – 15:45**  **Studio 2** |
| Body HIIT  18:00 – 18:45  Studio 2 | **Yoga**  **18:00 - 18:45**  **Studio 2** |  | **Body HIIT**  **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.

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



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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Yoga  8:00 – 8:45  Comp Therapy |  | **HIIT**  **9:00 – 9:45**  **Outdoors & Online** | **Couch to 5k running**  **8:00 - 8:45**  **Outdoors** | **Yoga**  **8:00 – 8:45**  **Comp Therapy** |
|  |  |  | **5k – 10k running group**  **9:00 - 9:45**  **Outdoors** |  |
| Circuits  12:00 – 12:45  Outdoors & Online | **Bootcamp**  **12:45 – 13:30**  **Outdoors & Online** | **Kettlebells**  **12:00 – 12:45**  **Outdoors & Online** | **Pilates**  **12:30 – 13:15**  **Plas Gwyn\*** | **Bootcamp**  **12:45 – 13:30**  **Outdoors & Online** |
| Circuits  14:30 - 15:15  Plas Gwyn\* | **Bootcamp**  **14:30 - 15:15**  **Plas Gwyn\*** | **Kettlebells**  **14:30 – 15:15**  **Plas Gwyn\*** |  | **HIIT**  **14:30 – 15:15**  **Plas Gwyn\*** |
|  | **Run Club**  **17:00 – 17:45**  **Outdoors** |  |  |  |



\*Classes at **Plas Gwyn** can be booked through **Res Life**.

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

For classes in the comp therapy room, please meet **OUTSIDE** D-Block and wait for the instructor to allow you in.

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

**Llandaff** Fitness Classes