|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| HIIT 8:00 - 8:30Studio 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** |  |
| Yoga12:00 – 12:45Studio 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 – 17:45Studio 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 HIIT18:00 – 18:45Studio 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 – 8:45Comp 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**  |  |
| Circuits12:00 – 12:45Outdoors & 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** |
| 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\*** |
|  |  **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