

Garscube Programme

15th April - 26th May 2024

UofG
SPORT

Monday

BeActive Aeromix*	10:15 - 11:00	GSC Studio
BeActive Pilates**	11:15 - 12:00	GSC Studio
Pilates**	12:15 - 13:00	GSC Studio
VR30 @GSC	13:15 - 13:45	GSC Studio
VR30 @GSC	17:00 - 17:30	GSC Studio
Total Body Workout	17:45 - 18:30	GSC Studio
Yoga**	18:45 - 19:45	GSC Studio

Tuesday

BeActive Chair Yoga*	10:30 - 11:15	GSC Committee Room
Circuit30	17:00 - 17:30	GSC Studio
Pilates**	18:00 - 18:45	GSC Studio

Wednesday

BeActive Aeromix*	10:15 - 11:00	GSC Studio
BeActive Total Body Workout *	11:15 - 12:00	GSC Studio
Pilates **	12:15 - 13:00	GSC Studio
Yoga**	17:15 - 18:15	GSC Studio

Thursday

BeActive Aeromix*	10:15 - 11:00	GSC Studio
BeActive Circuits*	11:15 - 12:00	GSC Studio
Total Body Workout	12:15 - 13:00	GSC Studio
VR30 @GSC	16:30 - 17:00	GSC Studio
Circuits	17:15 - 18:00	GSC Studio

Friday

BeActive Aeromix*	10:15 - 11:00	GSC Studio
Circuits	12:15 - 13:00	GSC Studio
VR45 @GSC	17:15 - 18:00	GSC Studio

Saturday

Total Body Workout	09:15 - 10:00	GSC Studio
Pilates**	10:15 - 11:15	GSC Studio
VR30 @ GSC	11:30 - 12:00	GSC Studio

Sunday

VR30 @GSC	10:30 - 11:00	GSC Studio
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This is a template for the timetable, it is subject to change. For the most accurate timetable please refer to our UofG Sport app or login to your UofG Sport account.

