

SPORTS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00	ROWING CREW	ROWING CREW	ROWING CREW	ROWING CREW	ROWING CREW		
7:15 - 8:00	OPTIMAL HIIT	OPTIMAL LIFT	OPTIMAL BOXING	OPTIMAL RIDE	OPTIMAL CIRCUIT		
9:00 - 11:00	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING	ZUMBA 9:00 - 09:45	
11:00 - 11:30						OPTIMAL CIRCUIT	OPTIMAL LIFT
13:00 - 13:45	VINYASA YOGA	OPTIMAL GRIT	OPTIMAL CORE	OPTIMAL JUMP 13:15 - 13:45	RUNNING CLUB	OPTIMAL BOXING	OPTIMAL RIDE
15:00 - 17:00	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING	FITNESS COACHING		
18:15 - 19:00	BODY BURN	LBT	OPTIMAL LIFT	OPTIMAL JUMP	ASHTANGA YOGA		
19:15 - 20:00	OPTIMAL BOXING	PEDAL POWER	OPTIMAL DANCE	OPTIMAL DANCE			
20:15 - 21:00		BOLLYWOOD	HATHA YOGA	PILATES			



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