

SPORTS



 All Optimal classes live streamed

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 7:45	OPTIMAL HIIT	OPTIMAL LIFT	OPTIMAL BOXING	OPTIMAL RIDE	OPTIMAL CIRCUIT		
11:00 - 11:30						OPTIMAL CIRCUIT	OPTIMAL BALANCE
12:00 - 13:00				OPTIMAL BOXING			
13:15 - 13:45	OPTIMAL CIRCUIT	OPTIMAL GRIT	OPTIMAL CORE	OPTIMAL JUMP	OPTIMAL BALANCE		
14:15 - 15:00	ROCKET YOGA						
16:00 - 16:45						ZUMBA	
18:15 - 19:00	BODY BURN	LBT	OPTIMAL LIFT	OPTIMAL JUMP	ASHTANGA YOGA		
19:30 - 20:15	BOLLYWOOD	PEDAL POWER	HATHA YOGA	OPTIMAL DANCE	PILATES		

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