

# BE ACTIVE CLASSES

Be Active **Face to Face classes** held at the wellbeing rooms Simon Building, Brunswick Park.

Please come dressed ready to work out for face to face activity and we recommend you bring your own mat.

**#ActiveAnywhere Virtual Zoom** – in the comfort of your own space.

**MORE INFO AND BOOKING**

Booking essential on all classes.

For more information email [health.fitness@manchester.ac.uk](mailto:health.fitness@manchester.ac.uk) or visit our website.

Day	Class	Time	Location
Monday	Sunrise Yoga	8.00 – 9.00	#ActiveAnywhere – Zoom
	Express Bums & Tums	12.00 – 12.30	#ActiveAnywhere – Zoom
	Express Cardioblast	12.00 – 12.30	Activity Room – G.66
	Tai Chi	12.00 – 13.00	#ActiveAnywhere – Zoom
	Express Body Blast	12.35 – 13.05	#ActiveAnywhere – Zoom
	Express Bums & Tums	12.40 – 13.10	Dual Usage Room – G.65
	Express Pilates	13.00 – 13.30	Dual Usage Room – G.65
	Power Yoga	13.20 – 14.20	Activity Room – G.66
	Iyengar Yoga	17.00 – 18.30	Activity Room – G.66
Tuesday	Pilates	12.00 – 12.45	#ActiveAnywhere – Zoom
	Yogalates	12.00 – 12.55	Activity Room – G.66
	Express Step Blast	13.15 – 13.45	Activity Room – G.66
	Legs, bums & Tum	13.00 – 13.30	Dual Usage Room – G.65
	Zumba	17.00 – 17.45	Activity Room – G.66
	PiYo	17.10 – 18.00	#ActiveAnywhere – Zoom
	Ashtanga Yoga	17.30 – 18.30	Dual Usage Room – G.65
	Vin & Yin Yoga	18.30 – 19.30	#ActiveAnywhere – Zoom
Wednesday	Pilates Drop in PAYG (must book online)	12.00 – 12.45	Activity Room – G.66
	Pilates	12.00 – 12.45	#ActiveAnywhere – Zoom
	Qigong	12.00 – 13.00	#ActiveAnywhere – Zoom
	Express Legs Bums and Tums	13.00 – 13.30	Activity Room – G.66
	Express Zumba	13.00 – 13.30	#ActiveAnywhere – Zoom
	Legs, Bums and Tums	17.00 – 17.45	#ActiveAnywhere – Zoom
	Pilates Beginners	17.00 – 18.00	Activity Room – G.66
	Hatha Yoga	17.30 – 18.30	#ActiveAnywhere – Zoom
	Iyengar Yoga	17.30 – 19.00	#ActiveAnywhere – Zoom
	Step HITT	18.30 – 19.30	Activity Room – G.66
Thursday	Express Abs, bums and backs	12.00 – 12.30	Activity Room – G.66
	Express Body Blast	12.00 – 12.30	#ActiveAnywhere – Zoom
	Express Bums & Tums	12.35 – 13.05	#ActiveAnywhere – Zoom
	Express Barbell sculpt	12.40 – 13.10	Activity Room – G.66
	Express Body Blast	13.20 – 13.50	Activity Room – G.66
	Power Yoga	12.45 – 13.45	Dual Usage Room – G.65
	*PiYo workout	17.00 – 18.00	Dual Usage Room – G.65
	Ashtanga Yoga	18.30 – 19.00	Activity Room – G.66
	Womens Yoga	18.00 – 19.00	ActiveAnywhere – Zoom
	Barre Concept	18.30 – 19.30	Dual Usage Room – G.65
Friday	Sun rise Yoga	8.00 – 9.00	Activity Room – G.66
	Tai Chi Bal	12.00 – 13.00	ActiveAnywhere – Zoom
	Zumba	12.00 – 12.45	ActiveAnywhere – Zoom
	Kettlebell Conditioning	12.00 – 12.55	Activity Room – G.66
	Express Barre	13.00 – 13.30	ActiveAnywhere – Zoom
	Express Pilates	13.35 – 14.05	ActiveAnywhere – Zoom
	Iyengar Yoga	16.30 – 17.30	Activity Room – G.66

Please note: Class times and rooms may be subject to change.