

BE ACTIVE CLASSES

#ActiveAnywhere 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 or visit our website.

Day	Class	Time	Location
Monday	Express Bums & Tums **	12.00 – 12.30	#ActiveAnywhere Zoom
	Express Cardioblast ***	12.00 – 12.30	#ActiveAnywhere Zoom
	Tai Chi for Health *	12.00 – 13.00	#ActiveAnywhere Zoom
	Express Body Blast **	12.35 – 13.05	#ActiveAnywhere Zoom
	Yogalates *	17.00 – 18.00	#ActiveAnywhere Zoom
Tuesday	Iyengar Yoga **	17.00 – 18.30	#ActiveAnywhere Zoom
	Express Legs, Bums & Tums ***	12.00 – 12.30	#ActiveAnywhere Zoom
	PiYo **	17.10 – 18.00	#ActiveAnywhere Zoom
Wednesday	Vinyasa flow *	18.00 – 19.00	#ActiveAnywhere Zoom
	Pilates Mixed Ability **	12.00 – 12.45	#ActiveAnywhere Zoom
	Tai Chi Qigong *	12.00 – 13.00	#ActiveAnywhere Zoom
	Express Zumba ***	13.00 – 13.30	#ActiveAnywhere Zoom
	Hatha Yoga *	17.30 - 18.30	#ActiveAnywhere Zoom
Thursday	Iyengar Yoga ***	17.30 – 19.00	#ActiveAnywhere Zoom
	Express Body Blast **	12.00 – 12.30	#ActiveAnywhere Zoom
	Express Bums & Tums **	12.35 – 13.05	#ActiveAnywhere Zoom
	Power Yoga ***	13.00 – 14.00	#ActiveAnywhere Zoom
Friday	Yin Yoga *	17.45 – 18.45	#ActiveAnywhere Zoom
	Tai Chi Ball *	12.00 – 13.00	#ActiveAnywhere Zoom
	Zumba **	12.00 – 12.45	#ActiveAnywhere Zoom
	Pilates Beginners *	13.00 – 14.00	#ActiveAnywhere Zoom
	Iyengar Yoga **	16.30 – 17.30	#ActiveAnywhere Zoom
	HiiT the Barre ***	17.30 – 18.15	#ActiveAnywhere Zoom

* **Easy** – suitable for beginners and getting back to exercise

** **Medium intensity** – suitable for people getting back to exercise and regular exercisers

*** **High intensity** – suitable for regular exercisers and those wanting a hard workout

Please note:

Class times may be
subject to change.