Zoom and face-to-face Fitness classes

Booking essential on all classes.
For more information email health.fitness@manchester.ac.uk
or visit our website: sport.manchester.ac.uk/sport-and-activity/fitness-classes

Please note: Class times may be subject to change.

* 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Tai Chi for health *</td>
<td>12.00 – 13.00</td>
<td>Zoom</td>
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<td>Express Cardioblast ***</td>
<td>12.00 – 12.30</td>
<td>Wellbeing rooms Simon building G.66</td>
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<tr>
<td></td>
<td>Express Legs, Bums &amp; Tums **</td>
<td>12.40 – 13.10</td>
<td>Wellbeing rooms Simon building G.66</td>
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<td></td>
<td>Express Body Blast **</td>
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<td>Express Legs, Bums &amp; Tums **</td>
<td>12.40 – 13.10</td>
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<td></td>
<td>Kettlebell conditioning **</td>
<td>12.15 – 13.00</td>
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<td>Pilates for Backs *</td>
<td>12.30 – 13.15</td>
<td>Wellbeing rooms Simon building G.65</td>
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<td>Express Pilates for Backs *</td>
<td>13.10 – 13.40</td>
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<td></td>
<td>Iyengar Yoga **</td>
<td>17.00 – 18.30</td>
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<td>Hatha Vinyasa *</td>
<td>18.30 – 19.15</td>
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<td>Tuesday</td>
<td>Express Step **</td>
<td>12.00 – 12.30</td>
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<td>Tai Chi Qigong *</td>
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<td>Express Barbell Sculpt **</td>
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<td></td>
<td>Express Abs, Bums &amp; Backs *</td>
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<td>Chair Yoga *</td>
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<td>Yogalates **</td>
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<td>Zumba **</td>
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<td>Boxercise **</td>
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<td>Ashtanga Yoga **</td>
<td>18.00 – 19.30</td>
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<td>Yin Yoga *</td>
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<td>Wednesday</td>
<td>Mixed Ability Pilates **</td>
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<td>Tai Chi Ball *</td>
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<td>Express Zumba **</td>
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<td>Indian Club Swinging **</td>
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<td>Beginners Pilates *</td>
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<td>Beginners Pilates *</td>
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<td>Booty Burn &amp; Band Burner **</td>
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<td>Strength &amp; Conditioning **</td>
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<td>Iyengar Yoga ***</td>
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<td>Thursday</td>
<td>Sunrise Yoga **</td>
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<td>Power Yoga ***</td>
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<td>Athletic Pilates **</td>
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<td>HIIT *** (starts 28 Oct – 16 Dec)</td>
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<td>Hatha Vinyasa **</td>
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<td>Friday</td>
<td>Express Zumba ** (starts 29 Oct – 17 Dec)</td>
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<td>Friday Flex *</td>
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<td>Iyengar Yoga *</td>
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<td>Barre Fitness **</td>
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