

SPORT Lancaster Gym Class Summer Term Timetable

Monday			
Time	Exercise Class	Location	Instructor
07.00 - 07.20	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
11.55 - 12.15	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
12.15 - 12.35	Lifting Workshop	Strength and Conditioning Room	Fitness Instructor
Tuesday			
Time	Exercise Class	Location	Instructor
07.00 - 07.20	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
11.55 - 12.15	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
Wednesday			
Time	Exercise Class	Location	Instructor
07.00 - 07.20	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
07.30 - 07.50	Lifting Workshop	Strength and Conditioning Room	Fitness Instructor
11.55 - 12.15	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
Thursday			
Time	Exercise Class	Location	Instructor
07.00 - 07.20	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
11.55 - 12.15	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
Friday			
Time	Exercise Class	Location	Instructor
07.00 - 07.20	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
11.55 - 12.15	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
12.15 - 12.35	Lifting Workshop	Strength and Conditioning Room	Fitness Instructor
Saturday			
Time	Exercise Class	Location	Instructor
08.30 - 08.50	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor
09.30 - 09.50	Lifting Workshop	Strength and Conditioning Room	Fitness Instructor
Sunday			
Time	Exercise Class	Location	Instructor
08.30 - 08.50	Circuit Bootcamp	Strength and Conditioning Room	Fitness Instructor
10.30 - 10.50	Skillmill Bootcamp	Strength and Conditioning Room	Fitness Instructor