

**Students' sport lessons are for free !**

## **FITNESS SUITE**

**Study Year 2021/2022**

<b>Weekday</b>	<b>Time</b>	<b>Type of Session (Fitness)</b>
<b>Monday</b>	17.10 18.15 19.15	Therapeutic Exercise Functional Training Pilates
<b>Tuesday</b>	16.00 – 17.00	Circuit Training
<b>Wednesday</b>	17.10 18.15	Therapeutic Exercise Body toning/ steps
<b>Thursday</b>	16.00 – 17.00	Functional Yoga
<b>Friday</b>	12.30	Pilates

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