# EXERCISE TIMETABLE
**09/09/2019 - 26/01/2020**

## MONDAY
- Pilates for All 09:30 – 10:30 Studio
- Senior Racket Sports 10:00 – 12:00 Sports Hall
- Over 50’s 10:30 – 11:30 Studio
- Spin 13:10 – 14:00 Studio
- HIIT & Core 17:15 – 18:00 Studio
- Yoga * 18:05 – 18:55 Studio
- KettleBells * 19:00 – 20:00 Studio

## TUESDAY
- Spin * 07:15 – 08:00 Studio
- Workshop Workout 1 09:30 – 10:30 Gym
- Intermediate Pilates 10:30 – 11:30 Studio
- Circuits 13:10 – 14:00 Studio
- Spin 17:15 – 17:55 Studio
- Body Sculpt 18:00 – 19:00 Studio
- Stretch-Fit 19:00 – 20:00 Studio

## WEDNESDAY
- Rise Yoga * 07:15 – 08:00 Studio
- Total Conditioning 09:30 – 10:30 Studio
- Over 50’s 10:30 – 11:30 Studio
- Yoga – Dynamic flow 12:00 – 13:00 Studio
- Spin 13:10 – 14:00 Studio
- HIIT * 17:05 – 17:35 Studio
- Boxfit * 17:40 – 18:25 Studio
- Zumba 18:30 – 19:25 Studio
- Pilates * 19:30 – 20:30 Studio

## THURSDAY
- Workshop Workout 2 09:30 – 10:30 Gym
- Yoga – Restorative 11:00 – 12:00 Studio
- Pilates – Intermediate 12:00 – 13:00 Studio
- Circuits 13:10 – 14:00 Studio
- Yoga 17:10 – 18:00 Studio
- Spin 18:10 – 18:55 Studio
- Body Sculpt 19:00 – 20:00 Studio

## FRIDAY
- Spin 07:10 – 08:00 Studio
- Senior Racket Sports 10:00 – 12:00 Sports Hall
- Dynamic Pilates 10:45 – 11:45 Studio
- Yoga – Intermediate 11:45 – 13:00 Studio
- HIIT 'n' the Gym * 13:00 – 14:00 Gym
- Zumba 13:05 – 14:00 Studio
- HIIT * 17:00 – 17:30 Studio
- Glutes & Abs * 17:30 – 18:00 Studio
- Yoga for All * 18:00 – 19:00 Studio

## SATURDAY
- Spin 09:00 – 09:50 Studio
- Boxfit * 10:00 – 11:00 Studio
- Body Sculpt 11:00 – 12:00 Studio
- Zumba 12:00 – 13:00 Studio
- Circuits 13:10 – 14:00 Studio
- Yoga * 14:00 – 15:00 Studio

## SUNDAY
- Sunday Strength * 12:00 – 13:00 Performance Suite

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**KEY**
- * SEMESTER ONLY – 9th SEPTEMBER – 8th DECEMBER, 2019
- WHITE – NEW CLASSES

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**PLEASE NOTE**
- THAT CLASSES WILL BE TAKEN BY VARIOUS INSTRUCTORS.
- DUE TO HEALTH AND FITNESS REGULATIONS IF YOU MISS THE WARM UP OF A CLASS YOU MAY BE REFUSED ENTRY.
- THANK YOU FOR UNDERSTANDING.
TERMS & CONDITIONS ON CLASS BOOKINGS/CANCELLATIONS

BOOKING
All Fitness+ members are able to book onto any of our exercise classes ONLINE, up to 2 days in advance. Bookings may also be made in person at reception or by calling 01334 462190 and selecting option 1. Alternatively, both members and non-members can claim their space on the day at reception up to 30 minutes before the beginning of the class, depending on availability.

It is the responsibility of every individual attending a fitness class to ensure that they have read the online PAR-Q and informed consent and that if they have any concern regarding their suitability to attend a class they should speak to a staff member at the Sports Centre.

FITNESS CLASS ATTENDANCE
Class receipts should be collected (from reception staff or self-service kiosks) at least 5 minutes prior to the class start time. Receipts must be handed to the Sports Assistant or class instructor. Strictly no entry without a valid receipt.

LATE ARRIVAL TO A CLASS MAY RESULT IN THE REFUSAL OF ADMISSION BY THE MEMBER OF STAFF OR INSTRUCTOR.

CANCELLATIONS / NO SHOWS

INDIVIDUALS WHO FAIL TO TURN UP FOR A BOOKING (CLASS OR ACTIVITY) WILL BE TREATED AS FOLLOWS:

1. First offence – An email will be sent to the individual reminding them of their responsibility to turn up to bookings.
2. Second offence – An email will be sent to the individual reminding them of their responsibility to turn up to bookings and warning of implications if there are any future offences, i.e. a no show.
3. Third offence – A ‘no show’ fine will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid in full.
4. Fourth offence and beyond – Another “no show” fee will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid. The individual’s membership will also be frozen for a period of time, in turn preventing access for that period. No refund will be given.

PLEASE NOTE, ANY LATE CANCELLATIONS (LESS THAN 2 HOURS PRIOR TO CLASS) WILL BE TREATED AS A NO SHOW.

Any activity or class you have booked but can no longer attend can be cancelled:
- Online via Horizons, but only if you have used this method to book the specific activity/class.
- In person at Saints Sport Reception
- Over the phone on 01334 462190

Saints Sport reserves the right to change or cancel any class/course at any time prior to the start. In the event of a change or cancellation Saints Sport will endeavour to provide as much advance warning as possible. Thank you for understanding. If you have any questions of feedback please do not hesitate to get in touch at healthandfitness@st-andrews.ac.uk.