SAINTS FITNESS TIMETABLE
LIVE AND ON-DEMAND

STARTING MONDAY 16 NOVEMBER 2020
NEW CLASSES WILL BE ADDED AS RESTRICTIONS ARE LIFTED AND WHEN IT IS SAFE TO DO SO

**MONDAY**
- Stretch-Fit 🏋️‍♂️ 13:00 - 13:45 TEAMS
- Outdoor Fitness 17:30- 18:00 OUTDOOR

**TUESDAY**
- HIIT 🏋️‍♂️ 13:10 - 14:00 TEAMS
- Beginner/Novice Run 17:05 - 17:45 OUTDOOR

**WEDNESDAY**
- Mobility 🏋️‍♂️ 10:30 - 11:30 TEAMS
- Outdoor Fitness 17:30- 18:15 OUTDOOR

**THURSDAY**
- Bodyblitz 🏋️‍♂️ 13:15 - 13:45 TEAMS
- Outdoor Fitness 17:30 - 18:15 OUTDOOR

**FRIDAY**
- Outdoor Fitness 07:30 - 08:15 OUTDOOR
- Zumba 13:10 - 14:00 TEAMS

**OUTDOOR CLASSES:** PLEASE MEET OUTSIDE THE MAIN ENTRANCE TO THE SPORTS CENTRE

**LIVE CLASSES:** CAN BE ACCESSED ON MICROSOFT TEAMS VIA THE LINKS AT:
WWW.ST-ANDREWS.AC.UK/SPORT/FITNESS/LIVE

**OUR GAME PLAN TO HELP YOU STAY FIT I STAY SAFE**
- WE ARE CURRENTLY RUNNING A REDUCED PROGRAMME OF CLASSES TO ADHERE TO SCOTTISH GOVERNMENT AND SPORTS GOVERNING BODY GUIDELINES
- IN LINE WITH PHYSICAL DISTANCING REQUIREMENTS THERE IS LIMITED CAPACITY IN EACH CLASS

**PLEASE NOTE:**
- CLASSES ARE LED BY VARIOUS INSTRUCTORS
- IF YOU MISS THE WARM UP OF A CLASS YOU MAY BE REFUSED ENTRY
- PLEASE READ OUR FULL GUIDELINES ONLINE BEFORE MAKING A BOOKING

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@USTA_HEALTHANDFITNESS

WWW.ST-ANDREWS.AC.UK/SPORT/CORONAVIRUS/FITNESSCLASSES