<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Instructor</th>
<th>Type</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Pilates, Yoga, Run for change, Zumba, Box Fit, Yoga, Power Hour</td>
<td>Elif, Ash, Dale, Gladys, Elvio, Grace, Chrissie</td>
<td>Wellbeing, Wellbeing, Outdoors, Fitness, Fitness, Wellbeing</td>
<td>BM01, BM01, Sports Desk, BLG07 (MA studio), BLG07 (MA studio), BLG09, BLG07 (MA studio)</td>
<td>08:00-09:00, 12:15-13:15, 12:30-13:30, 13:15-14:00, 17:15-18:00, 17:30-18:30, 18:15-19:15</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Yoga, Pilates, Military Challenge, LBT, Pilates</td>
<td>Josie, Josie, Margareta, Tom, Elvio, Margareta</td>
<td>Wellbeing, Wellbeing, Staff, Outdoors, Fitness, Staff</td>
<td>BM01, BM01, BM01, Sports Desk, BLG07 (MA studio), BLG09</td>
<td>08:00-09:00, 09:15-10:15, 12:15-13:15, 12:30-13:30, 13:15-14:00, 17:30-18:30</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Zumba, Pilates, Run for change, Yoga</td>
<td>Samara, Mary, Dale, Mary</td>
<td>Fitness, Wellbeing, Outdoors, Wellbeing</td>
<td>BLG07 (MA studio), BM01, Sports Desk, BLG09</td>
<td>12:00-12:45, 12:15-13:15, 12:30-13:30, 17:30-18:30</td>
</tr>
<tr>
<td>Thursday</td>
<td>Pilates, Yoga, Military Challenge, Boot Camp, Pilates</td>
<td>Josie, Ash, Tom, Elvio, Margareta</td>
<td>Wellbeing, Wellbeing, Outdoors, Fitness, Staff</td>
<td>BM01, BM01, Sports Desk, BLG07 (MA studio), BLG09</td>
<td>08:00-09:00, 12:15-13:15, 12:30-13:30, 13:15-14:00, 17:30-18:30</td>
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<tr>
<td>Friday</td>
<td>Pilates, Xtreme Spin, Zumba, Kung Fu</td>
<td>Elif, Phil, Samara, Dave</td>
<td>Wellbeing, Fitness, Fitness, External club</td>
<td>BM01, BLG07 (MA studio), BLG07 (MA studio), BLG07 (MA studio)</td>
<td>12:15-13:15, 13:15-14:00, 17:30-18:15, 19:00-21:00</td>
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<tr>
<td>Saturday</td>
<td>Box Circuit</td>
<td>Chris</td>
<td>Fitness</td>
<td>BLG07 (MA studio)</td>
<td>12:00-13:30</td>
</tr>
</tbody>
</table>

## Wellbeing
Pay As You Go
- 10 class card*:
  - Students: £3.50
  - Staff: £4.50

Well card
- 10 class card:
  - Students: £25
  - Staff: £30

## Fitness
Pay As You Go
- 10 class card*:
  - Students: £2
  - Staff: £3

CAP card
- 20 class card*:
  - Students: £10
  - Students: £12
  - Staff: £15
  - Staff: £25

## Staff
Wellbeing courses
- 10 week course: £35

## Outdoors
Free for students and staff, meet at the sports desk

## External clubs
Please contact directly to enquire about classes – dave@fwcinstructors.com

* CAP cards and Well cards expire 60 days after the date of purchase

www.city.ac.uk/sport  sports@city.ac.uk  020 7040 5619