

GROUP STRENGTH TRAINING



4 week blocks

SQUAT, DEADLIFT, PUSH AND PULL YOUR WAY TO
REACHING YOUR GOALS

Mondays	Tuesdays	Wednesdays	Fridays	Saturdays
17:00 - 18:00	12:00 - 13:00	07:00 - 08:00 18:00 - 19:00	17:00 - 18:00	10:30 - 11:30
Start Dates: 02/06/2025 30/06/2025 28/07/2025 25/08/2025	Start Dates: 03/06/2025 01/07/2025	Start Dates: 04/06/2025 02/07/2025 30/07/2025 27/08/2025	Start Dates: 06/06/2025 04/07/2025 01/08/2025 29/08/2025	Start Dates: 07/06/2025 05/07/2025 02/08/2025 30/08/2025

£ Members £20
Non Members £32

gla.ac.uk/sport/timetables

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