

The Stevenson Building

Summer 2025 (26th May - 21st September)

UofG
SPORT

Monday

Pilates**	7:00	-	8:00	Studio 3
VR30	7:30	-	8:00	Revolve
VR60	9:30	-	10:30	Revolve
Parent and Baby Workout	10:30	-	11:30	Studio 3
Flow30	11:30	-	12:00	Studio 2
Kettlebells	12:15	-	13:00	Studio 3
VR30	13:15	-	13:45	Revolve
CombatCamp	13:15	-	14:00	Studio 3
Yoga**	16:00	-	16:45	Studio 3
Rev45	17:15	-	18:00	Revolve
Pilates	17:15	-	18:00	Studio 2
Boxfitness	17:15	-	18:00	Studio 3
Total Body Workout	18:15	-	19:00	Studio 3
Rev45	18:15	-	19:00	Revolve

Tuesday

Rev45	7:00	-	7:45	Revolve
Metcon - Engine	13:30	-	14:00	Pulse
Yoga**	7:30	-	8:30	Studio 3
VR30	8:15	-	8:45	Revolve
VR45	9:30	-	10:15	Revolve
Flow30	10:15	-	10:45	Studio 3
BeActive Aeromix	11:00	-	11:45	Studio 3
Parkfit*	12:15	-	13:00	Stevenson
Boxfitness	12:15	-	13:00	Studio 3
Rev45	12:15	-	13:00	Revolve
Yoga**	13:00	-	13:45	Studio 2
VR45	13:15	-	14:00	Revolve
Pilates**	13:15	-	14:00	Studio 3
Metcon - Power	14:15	-	15:00	Powerplay
TRX +	14:15	-	14:45	Studio 3
Kettlebells	17:00	-	17:45	Studio 3
Rev45	18:00	-	18:45	Revolve
Yoga**	18:00	-	19:00	Studio 3
The Beast	19:00	-	20:00	Revolve

Wednesday

Yoga**	7:30	-	8:30	Studio 3
Rev30	8:15	-	8:45	Revolve
Core Conditioning	10:15	-	10:45	Studio 3
Metcon - Power	10:15	-	11:00	Powerplay
TRX+	11:30	-	12:00	Studio 3
VR30	12:15	-	12:45	Revolve
Circuit	12:15	-	13:00	Studio 3
Yoga**	13:15	-	14:15	Studio 2
Yoga**	17:00	-	18:00	Studio 2
Rev45	17:15	-	18:00	Revolve
Rev30	18:15	-	18:45	Revolve

Thursday

Rev45	07:00	-	07:45	Revolve
VR45	08:00	-	08:45	Revolve
Core Conditioning	11:30	-	12:00	Studio 3
Rev45	12:15	-	13:00	Revolve
Total Body Workout	12:15	-	13:00	Studio 3
Parkfit*	12:15	-	13:00	Stevenson
Yin Yoga**	12:15	-	13:15	Studio 2
Dancefit	13:15	-	14:00	Studio 3
Metcon Power	13:00	-	13:45	Powerplay
Boxfitness	16:15	-	17:00	Studio 3
Total Body Workout	17:15	-	18:00	Studio 3
Rev30	18:15	-	18:45	Revolve
Yoga**	18:15	-	19:00	Studio 3
The Beast	19:00	-	20:00	Revolve

Friday

Yoga**	6:45	-	7:45	Studio 3
REV30	7:15	-	7:45	Revolve
Metcon - Engine	12:15	-	12:45	Powerplay
BeActive Aeromix	11:00	-	11:45	Studio 3
Metcon - Power	13:00	-	13:45	Pulse
Pilates**	12:15	-	13:00	Studio 2
Kettlebells	12:15	-	13:00	Studio 3
CombatCamp	13:15	-	14:15	Studio 3
TRX +	14:30	-	15:00	Studio 3
DanceFit	15:15	-	16:00	Studio 3
Flow30	16:15	-	16:45	Studio 3
Yin Yoga**	17:00	-	18:00	Studio 3
VR45	17:15	-	18:00	Revolve
Bolly-X	18:15	-	19:00	Studio 3

Saturday

Rev45	9:15	-	10:00	Revolve
Yoga**	9:15	-	10:15	Studio 3
Metcon - Power	12:00	-	12:45	Pulse
Rev45	10:15	-	11:00	Revolve
Total Body Workout	10:30	-	11:15	Studio 3
Flow30	11:30	-	12:00	Studio 3
DanceFit	12:15	-	13:00	Studio 3
VR60	13:15	-	14:15	Revolve
Virtual Yoga	13:30	-	14:00	Studio 3
Virtual Pilates	14:15	-	14:45	Studio 3

Sunday

VR30	9:45	-	10:15	Revolve
Total Body Workout	11:15	-	12:00	Studio 3
BoxFitness	12:15	-	13:00	Studio 3
VR45	13:15	-	14:00	Revolve
Pilates**	13:15	-	14:00	Studio 3

*Meet Outside Stevenson Building

**£2.50 for student membership

BeActive classes are included with Community Memberships (excluding Garscube only) or £4.00 PAYG

gla.ac.uk/sport/timetables

This is a template for the timetable, it is subject to change. For the most accurate timetable please refer to our UofG Sport app or login to your UofG Sport account.

