

Garscube Sports Complex

Semester 1 (22nd Sept - 21st Dec 2025)

UofG
SPORT

Monday	BeActive Aeromix*	10:15	-	11:00	GSC Studio
	BeActive Pilates*	11:15	-	12:00	GSC Studio
	Pilates	12:15	-	13:00	GSC Studio
	VR30	13:15	-	13:45	GSC Studio
	Rev 30	17:00	-	17:30	GSC Studio
	Total Body Workout	17:45	-	18:30	GSC Studio
	Yoga	18:45	-	19:45	GSC Studio

Tuesday	BeActive Chair Yoga*	10:30	-	11:15	GSC Committee Room
	BoxFitness	12:15	-	13:00	GSC Studio
	Circuit Training	17:15	-	17:45	GSC Studio
	Pilates	18:00	-	18:45	GSC Studio

Wednesday	BeActive Aeromix*	10:15	-	11:00	GSC Studio
	BeActive Total Body Workout*	11:15	-	12:00	GSC Studio
	Pilates	12:15	-	13:00	GSC Studio
	Yoga	17:15	-	18:15	GSC Studio

Thursday	BeActive Aeromix*	10:15	-	11:00	GSC Studio
	BeActive Circuits*	11:15	-	12:00	GSC Studio
	Total Body Workout	12:15	-	13:00	GSC Studio
	VR30	16:30	-	17:00	GSC Studio
	Circuit Training	17:15	-	18:00	Studio

Friday	BeActive Aeromix*	10:15	-	11:00	GSC Studio
	VR45	17:15	-	18:00	GSC Studio

Saturday	TBW	09:15	-	10:15	GSC Studio
	Yin Yoga	10:30	-	11:30	GSC Studio
	VR30	11:45	-	12:15	GSC Studio

Sunday	REV45	10:30	-	11:15	GSC Studio
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*BeActive classes are included with Community Memberships (excluding Garscube only) or £5.00 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.

