

Garscube Sports Complex

Summer 2025 (26th May - 21st September)

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
Revolve Classic	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	Committee Room
Mum & Baby Workout	10:45 - 11:45	GSC Studio
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	GSC Studio

Friday

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

Saturday

Total Body Workout	09:15 - 10:00	GSC Studio
Yin Yoga*	10:30 - 11:30	GSC Studio
VR30	11:45 - 12:15	GSC Studio

Sunday

Revolve Classic	10:30 - 11:15	GSC Studio
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*£2.50 for student membership

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

**Parent & Baby Workouts are £6.00 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.

