

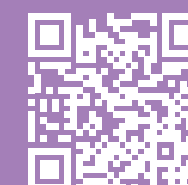


# Group Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00–8:30	HIIT Cardio M&B Studio			Abs Blast M&B Studio		
10:30–11:15						Zumba M&B Studio
11:30–12:15						Vinyasa Yoga M&B Studio
12:15–13:00	X-Fit Performance Studio Barre Active Studio	KB-Fit Performance Studio Dance Fit Active Studio	Q-Conditioning Performance Studio	Q-Strength Performance Studio Hatha Yoga M&B Studio	Yogalates M&B Studio Cycle Cycle Studio	
17:30–18:15	Zumba M&B Studio Cycle Cycle Studio	Strength & Sculpt M&B Studio Ballet Fit Active Studio	Vinyasa Yoga M&B Studio	Barre Active Studio		
18:30–19:15	Flex & Flow M&B Studio	Yogalates Active Studio	Bootcamp Cycle Cycle Studio	HoopMotion Active Studio		

Scan for  
class descriptions



Peak members can book any class, anytime.

Off-peak members get access to classes Mon–Fri before 3pm, and all weekend long.

**Qmotion**  
Sport & Fitness Centre

**QM SU** | Queen Mary  
Students' Union

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