

Fit Together Classes

Summer 2026 From 20/7/2026 to 20/9/2026

MONDAY

07:15-08:00 | Dance Room
PILATES

09:15-10:00 | Spin Studio
SPIN

11:15-12:00 | Swimming Pool
AQUA-THERAPY

12:15-13:00 | Dance Room
HITT

17:30-18:15 | Spin Studio
SPIN

17:30-18:30 | Sports Hall
POWER HOUR

17:30-18:30 | Dance Room
YOGA

18:30-19:30 | Dance Room
STRETCH AND FLOW

TUESDAY

06:00-07:00 | Sports Dome
HYROX

12:15-13:00 | Spin Studio
SPIN

13:15-14:00 | Dance Room
PILATES

17:30-18:30 | Sports Hall
CIRCUITS

17:30-18:30 | Dance Room
PILATES

18:00-19:00 | Spin Studio
SPIN

19:00-20:00 | Dance Room
BOX FIT

19:15-20:00 | Swimming Pool
TRI-SWIM

WEDNESDAY

07:15-08:00 | Spin Studio
SPIN

09:15-10:00 | Spin Studio
SPIN

12:15-13:00 | Spin Studio
SPIN

12:15-13:00 | Dance Room
YOGA

13:15-14:00 | Dance Room
PILATES

17:30-18:30 | Sports Hall
ZUMBA

17:30-18:30 | Dance Room
YOGA

18:30-19:30 | Sports Hall
VELOCITY

THURSDAY

06:30 - 07:30 | Sports Dome
FUNCTIONAL FITNESS

07:15-08:00 | Swimming Pool
TRI-SWIM

12:15-13:15 | Spin Studio
SPIN

12:15-13:00 | Dance Room
PILATES

17:30-18:30 | Sports Hall
POWER HOUR

17:30-18:15 | Dance Room
PILATES

20:00-21:00 | Sports Dome
HYROX

FRIDAY

07:15-08:00 | Spin Studio
SPIN

09:15-10:00 | Spin Studio
SPIN

12:15-13:00 | Dance Room
HIIT

13:15-14:00 | Dance Room
DUMBBELL WORKOUT

16:30-17:30 | Dance Room
YOGA

SATURDAY

08:30-09:30 | Spin Studio
SPIN

10:30-11:30 | Dance Room
PILATES

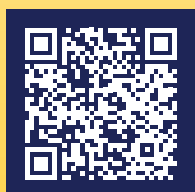
11:30-12:30 | Dance Room
BODYFIT

SUNDAY

08:00-09:00 | Sports Dome
HYROX

09:00-09:45 | Spin Studio
SPIN

11:00-12:00 | Dance Room
ZUMBA TONING



Book Online:

aber.ac.uk/en/sportscentre/fitness-classes



Dyma dy le
This is your space

Opening Times: Monday to Friday: 06:00-21:30 Saturday to Sunday: 08:00-16:30