

Fitness & Active Wellbeing Schedule

All sessions **must be booked** through the Native bookings system. All students can obtain a free 3-day gym pass for active to the Fitness Suite, visit the Our Oriam App for details.

Details correct at time of printing. **All sessions are subject to change.** Live detail available on Native.

Activity	Date	Location	Time	Link
Gym Access - 3 Day Pass	All Week	Fitness Suite	N/A	Oriam App
Active Campus Tour	Monday 2nd Sept	Oriam Reception	12:00	Book Now
Body Pump		Studio 1	12:15	Book Now
Fitness Induction (Women)		Fitness Suite	12:30	Book Now
Active Campus Tour		Oriam Reception	16:00	Book Now
Grit		Studio 1	18:00	Book Now
Active Campus Tour	Tuesday 3rd Sept	Oriam Reception	12:00	Book Now
Cycle Fit		Spin Studio	12:15	Book Now
Fitness Induction (Mixed)		Fitness Suite	12:45	Book Now
Active Campus Tour		Oriam Reception	16:00	Book Now
Pilates		Studio 1	18:45	Book Now
Grit	Wednesday 4th Sept	Studio 1	18:00	Book Now
Body Combat			18:40	Book Now
Active Campus Tour	Thursday 5th Sept	Oriam Reception	12:00	Book Now
Zumba		Studio 1	12:15	Book Now
Fitness Induction (Mixed)		Fitness Suite	12:45	Book Now
Active Campus Tour		Oriam Reception	16:00	Book Now
Body Pump		Studio 1	17:30	Book Now
Yoga	Friday 6th Sept	Studio 1	08:30	Book Now
Dr Bike		Bike Bothy	09:30	Book Now
Active Campus Tour		Oriam Reception	12:00	Book Now
Bike Tour		Bike Bothy	12:00	Book Now
Body Pump		Studio 1	12:15	Book Now
Bike Tour		Bike Bothy	13:00	Book Now
Active Campus Tour		Oriam Reception	16:00	Book Now
Circuits	Saturday 7th Sept	Fitness Suite	08:30	Book Now
Pilates		Studio 1	09:30	Book Now
Learn to Lift	Tuesday 10th Sept	S&C Gym	15:00	Book Now
Learn to Lift	Wednesday 11th Sept	S&C Gym	12:00	Book Now