

Activity	Venue	Day/Time
Hula Hooping	Bower Ashton: 1D003	Mon 12:15
Yoga	Bower Ashton: 1D003	Mon 16:30
Boxercise	Glenside: 1C08	Mon 17:30
Pilates	Glenside: 1C08	Mon 18:30
Swim Lesson: Beginners	University of Bristol Pool	Mon 18:00
Swim Lesson: Improvers	University of Bristol Pool	Mon 18:30
Hot Yoga	YogaFurie (Ashley Down)	Mon 21:00
Barre Classic	The Barre Fitness Studio (Whiteladies Road)	Tues 17:00
Bouncing	Jump Studio (St. Philips)	Tues 17:30
DNB Boxing	Jump Studio (St. Philips)	Tues 20:30
Social Swim	University of Bristol Pool	Weds 09:00
Barre Classic	The Barre Fitness Studio (Whiteladies Road)	Weds 12:15
Meditation	Bower Ashton: 1D005	Weds 12:15
Pole	Maya Studio (Glos. Road)	Weds 16:15
Yoga	Glenside: 1C08	Weds 17:00
Social Swim	University of Bristol Pool	Weds 18:00
Afrobics	The Hideout (St. Judes)	Weds 19:10

You must book the session before attending.

Activity	Venue	Day/Time
Yoga	The Wild Box (Southville)	Thurs 15:30
Yoga	Arnolfini: 4AF0013	Thurs 17:15
Breathe Away Stress	The Hideout (St. Judes)	Thurs 17:00
Fitness Pilates	Jump Studio (St. Philips)	Thurs 17:30
Yoga	Glenside: 1C08	Fri 12:00
Belly Dancing	Jump Studio (St. Philips)	Fri 19:00
LGBTQ+ Swim	University of Bristol Pool	Sat 13:30

You must book the session before attending.

1. If you are not a UWE gym member, register for MOVE - this is free for UWE students
2. Once you have your PIN book sessions through the UWE Sport app or online

View all MOVE details



Register for MOVE



www.uwebristolsport.com/move/city-centre

Activities are subject to change, check the UWE Bristol Sport app for the live timetable.

Be Active



Have Fun



Feel Good