

SUMMER OF SPORT 2024

1 JULY - 16 SEPT

**PG SWIM CARDS
equipment hub**

UEA MOVES

still available!

visit ueasport.co.uk



Cycle hire is still available across summer, free bike, safety equipment and guides for up to two weeks!

	Activity	Start	Location	Price
MON	Indoor Cycle	07:00	Spin Studio	£2
	Circuits	13:00	Functional Studio	£2
	PG Football	18:00	Astro 5-a-side	£1
	Zumba	18:45	Dance Studio	£2
	Boxercise	18:45	Dance Studio	£2
	Body Balance	19:45	Functional Studio	£2
	Swimming	20:00	Pool	£1
	Indoor Cycle	20:30	Spin Studio	£2
TUES	Circuits	13:00	Functional Studio	£2
	Pilates	12:15	Dance Studio	£2
	Body Sculpt	13:00	Dance Studio	£2
	Aerobics	17:30	Dance Studio	£2
	Body Combat	19:30	Dance Studio	£2
	Restorative Yoga	20:30	Dance Studio	£2
WEDS	Circuits	09:30	Functional Studio	£2
	Body Pump	10:30	Dance Studio	£2
	Yoga	13:00	Dance Studio	£2
	Swimming	16:00	Pool	£1
	Body Combat	17:30	Dance Studio	£2
	HIIT	18:00	Functional Studio	£2
	Zumba	19:30	Dance Studio	£2
THURS	Indoor Cycle	11:00	Spin Studio	£2
	Aerobics	17:30	Dance Studio	£2
	Body Combat	19:30	Dance Studio	£2
	Zumba	20:30	Dance Studio	£2
FRI	Indoor Cycle	12:15	Spin Studio	£2
	Body Pump	12:45	Dance Studio	£2
	Step & Tone	17:30	Dance Studio	£2
	PG Football	18:00	Astros 7-a-side	£1
	Body Balance	18:30	Dance Studio	£2
SAT	Indoor Cycle	09:45	Spin Studio	£2
SUN	Triple Challenge	10:15	Dance Studio	£2
	Body Pump	11:30	Dance Studio	£2

Book via the **SP** Sportspark App, Website, or visit reception