

Get Active



Exercise is proven to boost concentration and improve your mood, so it's the perfect study break! Thanks to CitySport, we're offering a selection of free classes to help you relax and re-energise.

Free Style Pump

Overcome your fear of the barbells stored in the corner of the gym by trying the latest fitness craze.

🕒 18, 25 May; 1, 8 June, 12:15-12:55

📍 CitySport

5 FREE SPACES

BOOK ONLINE

HIIT Strength and Abs

Step out of your comfort zone with a High Intensity Interval Training class, the rising star among popular fitness routines while also working on your abs.

🕒 14, 21 May; 4 June, 12:15-1

📍 CitySport

5 FREE SPACES

BOOK ONLINE

Jamaican Dance Hall

Get loose with this impactful workout which is a mix of authentic Jamaican social dance moves and Hip Hop.

🕒 15, 22, 29 May; 5 June, 6:30-7:30pm

📍 CitySport

5 FREE SPACES

BOOK ONLINE

Pure Hip Hop

Get your groove on to the most popular hip hop tunes and learn some new moves.

🕒 17, 24, 31 May; 7 June, 6:30-7:30pm

📍 CitySport

5 FREE SPACES

BOOK ONLINE



Virtual Cycle Studio

Find yourself outside the City, cycling across breathtaking landscapes using a state-of-art interval programme in the cinema style cycle studio. Book up to 60 mins on any day, between:

🕒 14, 15 May, 10-2

🕒 18 May, 10-4

🕒 21, 22 May, 10-2

🕒 25 May, 10-4

🕒 29 May, 10-2

🕒 1 June, 10-4

🕒 4, 5 June, 10-2

🕒 8 June, 10-4

📍 CitySport

5 FREE SPACES **FREE**



Yoga

Rise and shine with a traditional yoga practice, combining different postures and breathing exercises. Purify your mind, body and spirit.

🕒 17, 24, 31 May; 7 June, 7:15-8:15am

📍 CitySport

5 FREE SPACES

BOOK ONLINE



Zumba

Dance with your whole body and feel the rhythm of this uplifting aerobics class. Inspired by Latin American dance, salsa and mambo.

🕒 16, 23, 30 May; 6 June, 12:15-1

📍 CitySport

5 FREE SPACES

BOOK ONLINE