



# Linacre College Gym



TT17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	ERGS/FLOOR 7-8:30	ERGS/FLOOR 7-8:30		ERGS/FLOOR 7-8:30			
07:30							
08:00							
08:30							
09:00							
09:30						WEIGHTS 09:30-12:30	
10:00							
10:30							
11:00					Beg. Ballet 11:00-12:00		
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							ERGS/FLOOR 17:00-19:00
17:30							
18:00	Aerotoning 18:00-19:00		Body toning 18:00-19:00	Aerotoning 18:00-19:00			
18:30							
19:00	Int ballet (FLOOR) 19:00-21:30	ERGS/FLOOR 19:00-20:30	WEIGHTS 19:15 - 22:30	ERGS/FLOOR 19:00-20:30		ERGS/FLOOR 19:00-21:00	
19:30							
20:00							
20:30		Dance Fit 20:30-21:30			Fitness class 20:30-21:30		
21:00							
21:30							
22:00							
22:30							

**Note:** Clubs have priority use of reserved sections of the gym, but the rest of the gym is open.



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Women's Linacre Boat Club – Ergs/ Dance floor

Ladies that Lift - All racks, Olympic bars, plates, and benches

Dance fitness/ Body toning – Dance floor (use of one erg ok with permission of the class teacher)  
No registration necessary – just show up!

Beginner and intermediate ballet – Dance floor (Ergs use NOT allowed)  
No registration necessary – just show up!

Aerotoning – Dance floor (Erg use NOT allowed)  
Register at <http://www.ritaclasses.com> or QR code:

