

Activity	Description	Location	What to wear/bring	Things to note	Equipment Provided	Led by a coach/instructor	Suitable for beginners
Basketball	These sessions do not have a coach present but the court will be set up so all you need to do is book on, turn up and play!	Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	No	Yes
3v3 Basketball	These sessions do not have a coach present but the court will be set up so all you need to do is book on, turn up and play!	Centre for Sport, Frenchay Campus.	Comfortable sports clothing.	All equipment provided. This is a half court booking so games are small sided.	Yes	No	Yes
Aerial Hoop and Silks	Activity performed on a circular steel hoop suspended from the ceiling or ribbon silks.	Upper Engagement Space, Frenchay SU.	Fitted sports clothing. Shorts recommended so you can grip to the equipment.		Yes	Yes	Yes
Afrobics	Work your whole body to African vibes in this fun dance class.	The Hideout, Unit 2, White Street, BS5 0TS.	Comfortable sports clothing.	Access The Hideout through the White PVC door, half way down the road on the left.	Yes	Yes	Yes
Archery Tag	Combining the elements of dodgeball and archery! Arrows have a large foam tip so this sport is safe yet fun.	Astro Pitch, Centre for Sport, Frenchay Campus.	Comfortable sports clothing and trainers. Wrap up warm if the weather is cold.	No studs, blades or mouldies allowed.	Yes	Yes	Yes
Badminton	These sessions do not have a coach present but the courts will be set up so all you need to do is book on, turn up and play!	Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	No	Yes
Barre Classic	Step inside The Barre Fitness Studio and take a moment to breathe in it's friendly and calm atmosphere. Mixed ability workout to tone and strengthen head to toe.	The Barre Fitness Studio, Whiteladies Road, BS8 2RY.	Comfortable sports clothing.	Enter the the studio from the Redland Road entrance.	Yes	Yes	Yes
BarreX	BarreX® is a ballet-based fitness class that uses ballet to help improve strength, flexibility, posture, and overall fitness.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Belly Dancing	Mesmerising movements, swaying hips and articulated isolations employed in a range of dynamic and emotional expression. Love your body by teaching it to move in ways you never thought it could.	Jump Studio, 5b Neptune Court, Barton Manor, St. Philips, BS2 0RL.	Comfortable sports clothing.	Jump Studio is opposite Gloucester Road Gearboxes, down the road on the left - look for the garage door with the Jump Fit logo.	Yes	Yes	Yes

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Bollywood	A fun, colourful and dynamic dance style seen in India which combines classical forms of dance including traditional Indian, folk, salsa, belly dance whilst incorporating contemporary styles such as hip hop and jazz.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus	Comfortable sports clothing.		Yes	Yes	Yes
Bouncing	Really fun, high vibe, low impact, mini trampoline class followed by HIIT. You will get a really good sweat on!	Jump Studio, 5b Neptune Court, Barton Manor, St. Philips, BS2 0RL.	Comfortable sports clothing.	Jump Studio is opposite Gloucester Road Gearboxes, down the road on the left - look for the garage door with the Jump Fit logo.	Yes	Yes	Yes
Boxercise	Boxercise is a class based on boxing skills, sessions involve hitting pads. It is a fun, challenging and high energy class.	Glenside: 1C08.	Comfortable sports clothing.		Yes	Yes	Yes
Breathe Away Stress	Come and learn simple but effective ways to maximise your breathe and positively impact stress, focus, performance and wellbeing.	The Hideout, Unit 2, White Street, BS5 0TS.	Comfortable clothing.	Access The Hideout through the White PVC door, half way down the road on the left.	Yes	Yes	Yes
Building Confidence Yoga	Embrace the functionality of your body and what it can do through this relaxing yoga class.	Studio 2 (downstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.	All equipment provided but you are welcome to bring your own mat if you prefer.	Yes	Yes	Yes
Calm Vibes Dance	Sometimes dance classes can be loud and intimidating, join our instructor for this quieter dance class focussing on retaining the enjoyment and physical benefits of dance but in a quieter environment.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.	This class is suitable for people with sensory processing sensitivities.	Yes	Yes	Yes
Carnival Fitness	A fun and vibrant dance class to carnival beats.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Climbing	Aimed at beginners, learn how to climb using the indoor wall at the Centre for Sport.	Climbing Wall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing, no skirts. Be aware your shoes may get scuffed on the wall.		Yes	Yes	Yes

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Dancefit	DanceFit is a dance-based exercise class that utilises the physical benefits of dancing to provide a high energy cardio workout. The class features a wide variety of music and dance styles.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Deep Relaxation Yoga	Take time to fully relax in this yoga class, accompanied by music from the Centre for Music	Centre for Music, Frenchay Campus.	Comfortable sports clothing.	All equipment provided but you are welcome to bring your own mat if you prefer.	Yes	Yes	Yes
DNB Boxing	This is a workout for the ravers or anyone that loves high energy music to work out to. Drum'n'Bass boxing will keep you moving and get you sweating, build confidence and strength, all with a smile on your face!	Jump Studio, 5b Neptune Court, Barton Manor, St. Philips, BS2 0RL.	Comfortable sports clothing.	Jump Studio is opposite Gloucester Road Gearboxes, down the road on the left - look for the garage door with the Jump Fit logo.	Yes	Yes	Yes
Fitness Pilates	Pilates is a form of exercise that focusses on balance, posture, strength and flexibility.	Jump Studio, 5b Neptune Court, Barton Manor, St. Philips, BS2 0RL.	Comfortable sports clothing.	Jump Studio is opposite Gloucester Road Gearboxes, down the road on the left - look for the garage door with the Jump Fit logo.	Yes	Yes	Yes
Flag Football	This is a fun, relaxed, non-contact version of American Football.	Astro Pitch, Centre for Sport, Frenchay Campus.	Comfortable sports clothing and trainers.	No studs, mouldies or blades allowed.	Yes	Yes	Yes
Flexibility and Stretch	Join our friendly instructor who will take you through some stretches to improve your flexibility and all round body mobility.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Futsal	A version of football with an emphasis on improvisation, creativity and technique, using a smaller, heavier ball.	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing and trainers.		Yes	Yes	Yes
Hot Yoga (Classic Furie)	Find freedom in your mind, movement and breath with hot yoga.	YogaFurie, 201 Ashley Down Road, BS7 9DD	Sports clothing that you will be comfortable in, in a hot environment.	Take your own mat and towel, Arrive on time as no late comers are allowed in. Please note the temperature will be around 30-35 degrees.	No - Take your own mat and towel	Yes	Yes

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Hula Fit	Learn how to hula hoop, learn new tricks and skills.	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Hula Hooping	Learn how to hula hoop, learn new tricks and skills.	<ul style="list-style-type: none"> • Studio 1 (upstairs), Centre for Sport, Frenchay Campus. • Bower Ashton: 1D003. 	Comfortable sports clothing.		Yes	Yes	Yes
Intro to Free Weights	Have you ever wanted to try and use Free Weights in the gym but not sure where to start? Join our friendly instructor who will introduce you to Free Weights and show you how to use them safely.	The Gym, UWE Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Intro to Gym	Would you like to go to the gym but not sure where to start or find it a little intimidating? Join our friendly instructor who will show you around and introduce you to different pieces of kit.	The Gym, UWE Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Late Night Yoga	This yoga class is designed to give you time to unwind after a busy day.	The Octagon, Frenchay Campus.	Comfortable sports clothing.	All equipment provided but you are welcome to bring your own mat if you prefer.	Yes	Yes	Yes
Laughter Yoga	Laughing yoga is a popular movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors.	Studio 2 (downstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
LGBTQ+ Swim	A joint social swim session with the University of Bristol, for anyone that identifies as LGBTQ+.	University of Bristol Pool, Richmond Building, Queen's Road, Clifton, BS8 1LN	Swimming attire.	This is an uncoached session but lifeguards are present.	Yes	No	Yes
Meditation	Practice skills and techniques to help calm the mind and find inner peace.	<ul style="list-style-type: none"> • Studio 2 (downstairs), Centre for Sport, Frenchay Campus. • Bower Ashton: 1D005. 	Comfortable sports clothing.		Yes	Yes	Yes

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MenoSTRENGTH and MenoPILATES	These classes are for peri-menopausal and menopausal women, aimed at helping you stay fit and strong whilst trying to help manage some of the symptoms of the menopause.	<ul style="list-style-type: none"> Studio 1 (upstairs), Centre for Sport, Frenchay Campus. The Octagon, Frenchay Campus. 	Comfortable sports clothing.		Yes	Yes	Yes
Mindful Movement	A class focussed on mobility, flexibility, and gentle movement. Anyone can come without the pressure to complete certain movements, but instead tune into your body and how you are feeling, learning how your body moves and developing awareness.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Outdoor Football	These sessions do not have a coach present but the pitch will be set up so all you need to do is book on, turn up and play!	Astro Pitch, Centre for Sport, Frenchay Campus	Comfortable sports clothing and trainers.	No studs, blades or mouldies allowed.	Yes	No	Yes
Pilates	Pilates is a form of exercise that focusses on balance, posture, strength and flexibility.	Glenside: 1C08.	Comfortable sports clothing.	All equipment provided but you are welcome to bring your own mat if you prefer.	Yes	Yes	Yes
Pole	If you are new to pole this class is for you. This is a supportive class, progress at your own pace whilst improving your body confidence.	Maya Studio, Unit 8D, Merton Road, BS7 8TL.	Comfortable sports clothing, including shorts and bare feet.	Turn right opposite Cross Fit, walk to the end and the studio is in the corner, on the right. Next to Virtue Hairdressing.	Yes	Yes	Yes
Relax and Recharge	A class focussed on gentle movement and relaxation. You may fall asleep!	Studio 2 (downstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Relax, Breathe and Meditate	Calm and balance your body and mind.	Studio 2 (downstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Run Group	Led by one of UWE's qualified run leaders, beginners welcome.	Meet at the Centre for Sport, Frenchay Campus.	Comfortable sports clothing. Dress appropriately for the weather.		Yes	Yes	Yes

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Sass	A fun dance class covering Latin styles including Charleston, jive and salsa but also with some commercial styles too, to all of your guilty pleasure songs.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Social Swim	A joint social swim session with the University of Bristol.	University of Bristol Pool, Richmond Building, Queen's Road, Clifton, BS8 1LN	Swimming attire.		Yes	No	Yes
Squash	Led by a qualified squash coach, who will introduce you to the game and help improve your game.	Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Step Aerobics	Up tempo class, leg and cardio workout. Led by a qualified instructor, equipment provided.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Strength and Sweat	Aerobics routines to tracks, as well as bodyweight strength work.	Studio 2 (downstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Strength for Aerial Hoop	This conditioning class will work on key areas to help strengthen and condition your body for activities such as aerial hoop.	Studio 1 (upstairs), Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	Yes	Yes
Student Life Racket Sport	This session is supported by the Student Life team, come and play racket sports such as badminton and short tennis.	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	No	Yes
Swim Lesson (Beginners/Imporvers)	Join our qualified coach who will teach you how to swim or improve your swimming technique and ability.	University of Bristol Pool, Richmond Building, Queen's Road, Clifton, BS8 1LN	Swimming attire.		Yes	Yes	Yes
Table Tennis	These sessions do not have a coach present but the tables will be set up so all you need to do is book on, turn up and play!	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes		

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Tai Chi and Qi Gong	Gentle exercise that calms the mind and rebalances the body.	Activity Studio, Frenchay SU.	Comfortable sports clothing.		Yes	Yes	Yes
Touch Rugby	Minimum contact rugby. Led by student activators, equipment provided just turn up and play.	Hillside Gardens, Filton Rd, BS16 1QQ	Comfortable sports clothing.		Yes	Yes	Yes
Volleyball	These sessions do not have a coach present but the court will be set up so all you need to do is book on, turn up and play!	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing.		Yes	No	Yes
Wheelchair Basketball	Come and try is amazing sport, led by a qualified coach, equipment provided. You do not need to be a wheelchair user to take part. Suitable for all abilities, especially beginners.	Sports Hall, Centre for Sport, Frenchay Campus.	Comfortable sports clothing.	All equipment provided, including sports chairs. You do not need to be a wheelchair user to take part.	Yes	Yes	Yes
Yoga	Vinyasa style practice, combining physical movements with the breath to bring ourselves into the present moment, enabling us to calm the mind.	<ul style="list-style-type: none"> Activity Studio, Frenchay SU. Glenside: 1C08. Bower Ashton: 1D003. Arnolfini: 4AF0013. The Octagon, Frenchay Campus. Studio 2 (downstairs), Centre for Sport, Frenchay Campus. The Wild Box, 14 Whitehouse Place, BS3 4BL. 		All equipment provided but you are welcome to bring your own mat if you prefer. For sessions at Bower Ashton, please ask at the SU to borrow a mat.	Yes	Yes	Yes
Zorb Football	Play football in an inflated bubble called a Zorb.	Astro Pitch, Centre for Sport, Frenchay Campus.	Comfortable sports clothing and trainers.	No studs, blades or mouldies allowed.	Yes	Yes	Yes