

Carlisle Sports Centre

Fitness Classes

2021-22

metafit.TM
BODYWEIGHT TRAINING

Carlisle Sports Hall
Tuesday Lunchtime
UoC Members: Free
Non-Members: £3.00


UoC Active Online:

Pilates
with Savannah

Microsoft Teams
Monday Evening
UoC Members: Free
Non-Members: £2.00

Star Bootcamp uk
CARING ABOUT YOUR FITNESS

Carlisle Sports Hall
Thursday 8-9pm
UoC Active Staff or
Student Members: Free
UoC Staff/Student Non-
Members: £4.00
Public Non-Members:
£6.00

UoC 
ACTIVE
University of Cumbria

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