

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Monday 25 September



Time	Session	Facility	Instructor
12:15 - 13:00	Sleek Physique	Studio 1	Christine
16:45 - 17:30	Pilates	Studio 2	Osla
16:45 - 17:30	Escalate	Studio 1	Marc
17:40 - 18:40	Flow Yoga	Studio 2	Osla
17:45 - 18:30	Core Connection	Studio 1	Kirsty
18:00 - 18:45	Ride 45	Cycle Studio	Kate
18:40 - 19:25	Sleek Physique	Studio 1	Kirsty