

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Tuesday 26 September



Time	Session	Facility	Instructor
12:15 - 12:45	Escalate	Studio 1	Nik
12:30 - 13:00	Zumba	Studio 2	Osla
16:45 - 17:30	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 2	Maureen
17:30 - 18:15	Ride 45	Cycle Studio	Kirsten
17:45 - 18:30	Aeromax	Studio 1	Kevin
18:15 - 19:00	Pilates	Studio 2	Cecile
18:35 - 19:20	Escalate	Studio 1	Kate