

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 27/07/2024

### Times for Friday 29 September



Time	Session	Facility	Instructor
07:30 - 08:00	Flatline	Studio 1	Nik
12:15 - 13:00	Equilibrium	Studio 2	Nik
17:30 - 18:30	Weekend Yoga	Studio 2	Maureen
17:45 - 18:30	Sleek Physique	Studio 1	Kate