

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Wednesday 4 October



Time	Session	Facility	Instructor
07:15 - 08:15	Slow Flow Yoga	Studio 2	Maureen
12:15 - 12:45	Step	Studio 1	Nik
12:15 - 13:00	Equilibrium	Studio 2	Maureen
16:45 - 17:30	Core Connection	Studio 1	Nik
16:45 - 17:45	Zen Yoga	Studio 2	Osla
17:30 - 18:15	Ride 45	Cycle Studio	Kirsten
17:40 - 18:25	Escalate	Studio 1	Victoria
17:55 - 18:35	Zumba	Studio 2	Osla
18:35 - 19:20	Sleek Physique	Studio 1	Victoria
18:45 - 19:30	Pilates	Studio 2	Andy