

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 27/07/2024

### Times for Thursday 5 October



Time	Session	Facility	Instructor
12:10 - 12:40	Ride 30	Cycle Studio	Osla
12:15 - 13:00	Sleek Physique	Studio 1	Nik
16:45 - 17:30	Pilates	Studio 2	Andy
16:45 - 17:30	Escalate	Studio 1	Angie
17:40 - 18:25	Zumba	Studio 1	Sarah
17:40 - 18:25	Pilates	Studio 2	Andy
18:35 - 19:20	Sleek Physique	Studio 1	Sheila
18:35 - 19:35	Slow Flow Yoga	Studio 2	Maureen