

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 27/07/2024

### Times for Saturday 7 October



Time	Session	Facility	Instructor
09:15 - 10:00	Sleek Physique	Studio 1	Kate
10:00 - 11:00	Flow Yoga	Studio 2	Maureen
10:15 - 11:00	Ride 45	Cycle Studio	Kate