

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 06/07/2024

Times for Tuesday 2 July



Time	Session	Facility	Instructor
12:15 - 12:45	Escalate	Studio 1	Victoria
12:15 - 13:00	Pilates	Studio 2	Cecile
17:00 - 17:45	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 2	Maureen
17:55 - 18:40	Step HIIT	Studio 1	Victoria
18:10 - 18:55	Pilates	Studio 2	Cecile