

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 03/07/2024

### Times for Tuesday 9 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	Studio 1	Marc
18:10 - 18:55	Pilates	Studio 2	Cecile