

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 28/07/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor
12:15 - 13:00	Sleek Physique	Studio 1	Christine
16:45 - 17:30	Pilates	Studio 2	Osla
17:40 - 18:40	Gentle Hatha Yoga	Studio 2	Osla
17:45 - 18:30	Sleek Physique	Studio 1	Kirsty
18:00 - 18:45	Ride 45	Cycle Studio	Kate