

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Saturday 27 July



| Time | Session | Facility | Instructor |
|---------------|----------------|----------|------------|
| 09:00 - 09:45 | Pilates | Studio 2 | Cecile |
| 09:15 - 10:00 | Sleek Physique | Studio 1 | Kate |