

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Instructor
12:15 - 12:45	Step HIIT	Studio 1	Victoria
12:15 - 13:00	Pilates	Studio 2	Osla
17:00 - 17:45	Escalate	Studio 1	Marc
17:15 - 18:00	Zumba	Studio 2	Sarah
18:00 - 18:45	Sleek Physique	Studio 1	Fraser
18:15 - 19:00	Pilates	Studio 2	Andy