

# Exercise Class Timetable

## Institute Of Sport And Exercise

Accurate as of 02/08/2024

### Times for Thursday 8 August



Time	Session	Facility	Instructor
12:15 - 13:00	Equilibrium	Studio 2	Maureen
17:15 - 18:00	Zumba	Studio 1	Sarah
17:20 - 18:05	Pilates	Studio 2	Andy
18:15 - 19:00	Sleek Physique	Studio 1	Sheila
18:15 - 19:15	Slow Flow Yoga	Studio 2	Lali