

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 10/08/2024

Times for Friday 16 August



Time	Session	Facility	Instructor
07:30 - 08:00	Flatline	Studio 1	Kirsty
12:15 - 13:00	Sleek Physique	Studio 1	Victoria
17:30 - 18:30	Flow Yoga	Studio 2	Maureen
17:45 - 18:30	Sleek Physique	Studio 1	Kate