

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 13/08/2024

Times for Monday 19 August



Time	Session	Facility	Instructor
12:15 - 13:00	Sleek Physique	Studio 1	Christine
16:45 - 17:30	Pilates	Studio 3	Osla
17:40 - 18:40	Gentle Hatha Yoga	Studio 3	Osla
17:45 - 18:30	Sleek Physique	Studio 1	Kirsty