

Exercise Class Timetable

Sport and Active Health

Accurate as of 14/08/2024

Times for Tuesday 20 August



Time	Session	Facility	Instructor
12:15 - 12:45	Escalate	Studio 1	Victoria
12:15 - 13:00	Pilates	Studio 3	Cecile
17:00 - 17:45	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 3	Maureen
18:10 - 18:55	Pilates	Studio 3	Cecile