

Exercise Class Timetable

Sport and Active Health

Accurate as of 15/08/2024

Times for Wednesday 21 August



Time	Session	Facility	Instructor
07:15 - 08:15	Slow Flow Yoga	Studio 3	Maureen
12:15 - 12:45	Step HIIT	Studio 1	Victoria
12:15 - 13:00	Pilates	Studio 3	Osla
17:15 - 18:00	Zumba	Studio 1	Sarah
18:10 - 18:55	Sleek Physique	Studio 1	Fraser
18:15 - 19:00	Pilates	Studio 3	Andy