

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 31/10/2024

### Times for Monday 28 October



Time	Session	Facility	Instructor
12:00 - 12:15	Bike Induction	Studio 3	Kate
12:15 - 12:45	Bike Beats	Studio 3	Kate
12:15 - 13:00	Sleek Physique	Studio 1	Christine
16:45 - 17:30	Pilates	Studio 2	Cecile
16:45 - 17:30	Step	Studio 1	Osla
17:45 - 18:30	Zumba	Studio 1	Kirsty
17:45 - 18:45	Slow Flow Yoga	Studio 2	Osla
18:40 - 19:25	Sleek Physique	Studio 1	Kirsty