

Exercise Class Timetable

Sport and Active Health

Accurate as of 31/10/2024

Times for Wednesday 30 October



Time	Session	Facility	Instructor
07:15 - 08:15	Slow Flow Yoga	Studio 2	Maureen
07:30 - 08:00	Flatline	Studio 1	Exercise Teacher
12:15 - 12:45	Free Ride 30	Studio 3	No Teacher
12:15 - 13:00	Pilates	Studio 2	Cecile
16:45 - 17:45	Zen Yoga	Studio 2	Osla
17:15 - 18:00	Step	Studio 1	Exercise Teacher
17:45 - 18:30	Bike Beats	Studio 3	Andy
17:55 - 18:40	Zumba	Studio 2	Osla
18:15 - 19:00	Sleek Physique	Studio 1	Fraser
18:50 - 19:35	Pilates	Studio 2	Andy