

Exercise Class Timetable

Sport and Active Health

Accurate as of 31/10/2024

Times for Thursday 31 October



Time	Session	Facility	Instructor
07:15 - 08:00	Sinister Sleek Physique	Studio 1	Kirsty
12:15 - 13:00	Sinister Sleek Physique	Studio 1	Osla
12:15 - 13:00	Eerie Equilibrium	Studio 2	Maureen
16:45 - 17:30	Peculiar Pilates	Studio 2	Andy
17:15 - 18:00	Creepy Combat & Core	Studio 1	Angie
17:40 - 18:25	Peculiar Pilates	Studio 2	Andy
17:45 - 18:00	Bike Induction	Studio 3	Kate
18:00 - 18:45	Creepy Colour Ride	Studio 3	Kate
18:15 - 19:00	Sinister Sleek Physique	Studio 1	Sheila
18:35 - 19:35	Scary Frightening Yoga	Studio 2	Lali