

Exercise Class Timetable

Sport and Active Health

Accurate as of 31/10/2024

Times for Friday 1 November



Time	Session	Facility	Instructor
12:15 - 12:45	Free Ride 30	Studio 3	
12:15 - 13:00	Equilibrium	Studio 2	Victoria
17:30 - 18:30	Weekend Yoga	Studio 2	Maureen
17:45 - 18:30	Sleek Physique	Studio 1	Kate