

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 31/10/2024

### Times for Saturday 2 November



Time	Session	Facility	Instructor
09:00 - 09:45	Pilates	Studio 2	Cecile
09:15 - 10:00	Sleek Physique	Studio 1	Kate
10:00 - 11:00	Flow Yoga	Studio 2	Maureen