

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 31/10/2024

### Times for Tuesday 5 November



Time	Session	Facility	Instructor
12:15 - 12:45	Colour Ride	Studio 3	Osla
12:15 - 13:00	Pilates	Studio 2	Cecile
16:45 - 17:30	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 2	Maureen
17:45 - 18:00	Bike Induction	Studio 3	Kate
17:45 - 18:30	Aeromax	Studio 1	Kevin
18:00 - 18:30	Bike Beats	Studio 3	Kate
18:10 - 18:55	Pilates	Studio 2	Cecile