

# Active Living Timetable

## Institute Of Sport And Exercise

Accurate as of 28/07/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor
09:30 - 10:30	Circuit	Studio 1	Hazel
10:05 - 10:50	Aqua Exercise	Swimming Pool	John R
10:30 - 11:30	Pickleball (Cancelled)	Sports Hall 2	No Teacher
10:45 - 11:45	Chair Yoga (Cancelled)	Studio 2	Delia