

Active Living Timetable

Institute Of Sport And Exercise

Accurate as of 28/07/2024

Times for Tuesday 23 July



Time	Session	Facility	Instructor
09:15 - 09:45	Bike (Active Living)	Cycle Studio	Natalie
10:05 - 10:50	Aqua Exercise	Swimming Pool	Natalie
10:15 - 11:15	Studio Strength	Studio 1	Hazel
10:30 - 11:30	Chair Yoga	Studio 2	Min
11:05 - 11:50	Aqua Exercise	Swimming Pool	Natalie
13:30 - 14:30	Circuit	Studio 1	Natalie
13:30 - 14:30	Coreball	Studio 2	Cecile