

Active Living Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Thursday 1 August



Time	Session	Facility	Instructor
09:15 - 09:45	Bike (Active Living)	Cycle Studio	No Teacher
09:15 - 10:15	Circuit	Studio 1	Hazel
09:20 - 10:20	Mat Pilates	Studio 2	Andy
10:35 - 11:35	Studio Strength	Studio 1	Hazel
11:05 - 11:50	Aqua Exercise	Swimming Pool	John R