

# Active Living Timetable

## Institute Of Sport And Exercise

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Instructor
09:10 - 09:55	Aerobics	Studio 1	Paula
09:30 - 10:30	Circuit	Studio 1	Sharon
10:30 - 11:30	Pickleball	Sports Hall 2	No Teacher
10:35 - 11:35	Mat Yoga	Studio 2	Nick