

Active Living Timetable

Institute Of Sport And Exercise

Accurate as of 06/08/2024

Times for Monday 12 August



| 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 | Sports Hall 2 | No Teacher |
| 10:45 - 11:45 | Chair Yoga | Studio 2 | Delia |