

Active Living Timetable

Institute Of Sport And Exercise

Accurate as of 10/08/2024

Times for Friday 16 August



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba (Active Living)	Studio 1	Naz
09:30 - 10:30	Chair Yoga	Studio 2	Anna
10:30 - 11:30	Circuit	Studio 1	Hazel
10:45 - 11:45	Mat Yoga	Studio 2	Anna
11:30 - 12:30	Pickleball	Sports Hall 2	No Teacher