

Active Living Timetable

Sport and Active Health

Accurate as of 16/08/2024

Times for Thursday 22 August



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