

Active Living Timetable

Sport and Active Health

Accurate as of 21/08/2024

Times for Tuesday 27 August



Time	Session	Facility	Instructor
10:05 - 10:50	Aqua Exercise	Swimming Pool	Natalie
10:15 - 11:15	Studio Strength	Sports Hall 2	Hazel
10:30 - 11:30	Chair Yoga	Studio 1	Osla
11:05 - 11:50	Aqua Exercise	Swimming Pool	Natalie
13:30 - 14:30	Circuit	Studio 1	Natalie
13:30 - 14:30	Mat Pilates	Studio 3	Cecile