

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 19/05/2024

Times for Saturday 4 May			
Time	Session	Facility	Instructor
09:00 - 09:45	Pilates	Studio 2	Cecile
09:15 - 10:00	Sleek Physique	Studio 1	Kate
10:00 - 11:00	Flow Yoga	Studio 2	Maureen