

Exercise Class Timetable

Sport and Active Health

Accurate as of 18/04/2026

Times for Tuesday 21 April



Time	Session	Facility	Instructor
12:15 - 12:45	Wattbike Social	Cycle Studio	
12:30 - 13:15	Pilates	Studio 2	Cecile
16:45 - 17:30	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 2	Maureen
17:45 - 18:00	Wattbike Induction	Studio 3	Kate
17:45 - 18:15	Aeromax	Studio 1	Kevin
18:00 - 18:45	Wattbike Workout	Studio 3	Kate
18:10 - 18:55	Pilates	Studio 2	Cecile