

Exercise Class Timetable

Sport and Active Health

Accurate as of 18/04/2026

Times for Wednesday 22 April



Time	Session	Facility	Instructor
07:15 - 08:15	Slow Flow Yoga	Studio 2	Maureen
12:15 - 13:00	Pilates	Studio 2	Cecile
12:30 - 13:15	Circuit	Studio 1	Christine
17:00 - 17:30	Max Step	Studio 1	Marc
17:30 - 18:15	Zumba	Studio 2	Sarah
17:40 - 18:25	Circuit	Studio 1	Marc
18:35 - 19:20	Sleek Physique	Studio 1	Kirsty
18:35 - 19:20	Pilates	Studio 2	Andy