

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 18/04/2026

### Times for Thursday 23 April



| Time          | Session                    | Facility | Instructor |
|---------------|----------------------------|----------|------------|
| 07:15 - 08:00 | Sleek Physique             | Studio 1 | Kirsty     |
| 12:15 - 13:00 | Equilibrium                | Studio 2 | Maureen    |
| 12:30 - 13:00 | Wattbike Social            | Studio 3 | No Teacher |
| 17:15 - 18:00 | Zumba                      | Studio 1 | Sarah      |
| 17:25 - 18:10 | Pilates                    | Studio 2 | Andy       |
| 18:15 - 19:00 | Sleek Physique             | Studio 1 | Sheila     |
| 18:20 - 19:20 | Slow Flow Yoga (Cancelled) | Studio 2 | George     |