

Exercise Class Timetable

Sport and Active Health

Accurate as of 27/05/2026

Times for Monday 1 June



| Time | Session | Facility | Instructor |
|---------------|----------------|----------|------------|
| 12:00 - 12:45 | Qigong | Studio 2 | Delia |
| 12:15 - 13:00 | Sleek Physique | Studio 1 | Christine |
| 16:45 - 17:30 | Pilates | Studio 2 | Cecile |
| 16:45 - 17:30 | Step | Studio 1 | Jonny |
| 17:40 - 18:25 | Circuit | Studio 1 | Kirsty |
| 17:40 - 18:40 | Slow Flow Yoga | Studio 2 | Rose |
| 18:35 - 19:20 | Sleek Physique | Studio 1 | Victoria |