

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 08/06/2026

### Times for Wednesday 3 June



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