

Exercise Class Timetable

Sport and Active Health

Accurate as of 24/06/2026

Times for Tuesday 30 June



| Time | Session | Facility | Instructor |
|---------------|----------------|----------|------------|
| 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 - 18:15 | Aeromax | Studio 1 | Kevin |
| 18:10 - 18:55 | Pilates | Studio 2 | Cecile |