

Exercise Class Timetable

Sport and Active Health

Accurate as of 22/07/2026

Times for Saturday 25 July			
Time	Session	Facility	Instructor
08:50 - 09:35	Sleek Physique	Studio 1	Kate
09:00 - 09:45	Pilates	Studio 2	Jackie
10:00 - 11:00	Slow Flow Yoga (Cancelled)	Studio 2	Delia