

Exercise Class Timetable

Sport and Active Health

Accurate as of 22/07/2026

Times for Monday 27 July			
Time	Session	Facility	Instructor
12:00 - 12:45	Qigong	Studio 2	Delia
12:15 - 13:00	Sleek Physique	Studio 1	Gillian
16:45 - 17:30	Step	Studio 1	Jonny
16:45 - 17:30	Pilates	Studio 2	Jackie
17:40 - 18:25	Circuit	Studio 1	Kirsty
17:40 - 18:40	Slow Flow Yoga	Studio 2	Hannah
18:35 - 19:20	Sleek Physique	Studio 1	James