

Exercise Class Timetable

Sport and Active Health

Accurate as of 19/08/2026

Times for Saturday 22 August			
Time	Session	Facility	Instructor
08:50 - 09:35	Sleek Physique	Studio 1	Ali
09:00 - 09:45	Pilates	Studio 2	Cecile
10:00 - 11:00	Flow Yoga (Cancelled)	Studio 2	Maureen