

# Exercise Class Timetable

## Sport and Active Health

Accurate as of 19/08/2026

| Times for Tuesday 25 August |                |          |            |
|-----------------------------|----------------|----------|------------|
| 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     |