

Exercise Class Timetable

Sport and Active Health

Accurate as of 02/09/2026

Times for Friday 4 September

Time	Session	Facility	Instructor
07:30 - 08:00	Max Circuit	Studio 1	Gillian
12:15 - 13:00	Sleek Physique	Studio 1	James
17:30 - 18:30	Weekend Yoga	Studio 2	Maureen
17:45 - 18:30	Sleek Physique	Studio 1	Ali