

Exercise Class Timetable

Sport and Active Health

Accurate as of 09/09/2026

Times for Wednesday 9 September				
Time	Session	Facility	Instructor	
07:15 - 08:15	Slow Flow Yoga	Studio 2	Maureen	
12:15 - 13:00	Pilates	Studio 2	Jackie	
17:30 - 18:15	Circuit	Studio 1	Marc	
17:30 - 18:15	Zumba	Studio 2	Sarah	
18:30 - 19:15	Sleek Physique	Studio 1	Kirsty	
18:35 - 19:20	Pilates	Studio 2	Andy	