

Exercise Class Timetable

Sport and Active Health

Accurate as of 09/09/2026

Times for Saturday 12 September				
Time	Session	Facility	Instructor	
08:50 - 09:35	Sleek Physique	Studio 1	Marc	
09:00 - 09:45	Pilates	Studio 2	Cecile	
10:00 - 11:00	Flow Yoga	Studio 2	Maureen	