

Exercise Class Timetable

Sport and Active Health

Accurate as of 30/09/2026

Times for Thursday 1 October				
Time	Session	Facility	Instructor	
07:15 - 08:00	Sleek Physique	Studio 1	Kirsty	
12:15 - 13:00	Equilibrium	Studio 2	Maureen	
12:30 - 13:15	Circuit	Studio 1	Gillian	
17:15 - 18:00	Zumba	Studio 1	Sarah	
17:25 - 18:10	Pilates	Studio 2	Andy	
18:15 - 19:00	Sleek Physique	Studio 1	Sheila	
18:20 - 19:20	Slow Flow Yoga	Studio 2	Adele	