

Exercise Class Timetable

Sport and Active Health

Accurate as of 30/09/2026

Times for Saturday 3 October				
Time	Session	Facility	Instructor	
08:50 - 09:35	Sleek Physique	Studio 1	Gillian	
09:00 - 09:45	Pilates	Studio 2	Cecile	
10:00 - 11:00	Flow Yoga	Studio 2	Maureen	