

Exercise Class Timetable

Sport and Active Health

Accurate as of 14/10/2026

Times for Thursday 15 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	Christine
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