Exercise Class Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Wednesday 11 November

Time	Session	Facility	Instructor
07:15 - 08:15	Slow Flow Yoga	Studio 2	Maureen
12:15 - 13:00	Pilates	Studio 2	Jackie
12:15 - 13:00	Sleek Physique	Studio 1	Ali
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	Adele