Exercise Class Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Thursday 12 November

Time	Session	Facility	Instructor
07:15 - 08:00	Sleek Physique	Studio 1	Kirsty
12:15 - 13:00	Equilibrium	Studio 2	Maureen
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