Exercise Class Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Saturday 14 November

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	Slow Flow Yoga	Studio 2	Maureen