Exercise Class Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Monday 16 November

Time	Session	Facility	Instructor
12:00 - 12:45	Qigong	Studio 2	Delia
12:15 - 13:00	Sleek Physique	Studio 1	Christine
16:45 - 17:30	Pilates	Studio 2	Cecile
16:45 - 17:30	Step	Studio 1	Jonny
17:40 - 18:25	Circuit	Studio 1	Kirsty
17:40 - 18:40	Slow Flow Yoga	Studio 2	Rose
18:35 - 19:20	Sleek Physique	Studio 1	Victoria