Exercise Class Timetable

Sport and Active Health

Accurate as of 25/11/2026

Times for Friday 27 November

Time	Session	Facility	Instructor
07:15 - 08:00	Max Circuit	Studio 1	Marc
12:15 - 13:00	Sleek Physique	Studio 1	Christine
17:30 - 18:30	Weekend Yoga	Studio 2	Maureen
17:45 - 18:30	Sleek Physique	Studio 1	James