Exercise Class Timetable

Sport and Active Health

Accurate as of 25/11/2026

Times for Tuesday 1 December

Time	Session	Facility	Instructor
12:30 - 13:15	Pilates	Studio 2	Cecile
16:45 - 17:30	Sleek Physique	Studio 1	Kevin
17:00 - 18:00	Slow Flow Yoga	Studio 2	Maureen
17:45 - 18:15	Aeromax	Studio 1	Kevin
18:10 - 18:55	Pilates	Studio 2	Cecile