

Active Living Timetable

Sport and Active Health

Accurate as of 18/04/2026

Times for Tuesday 21 April



Time	Session	Facility	Instructor
09:15 - 09:45	Wattbike Social	Studio 3	No Teacher
10:05 - 10:50	Aqua Exercise	Swimming Pool	Christine
10:05 - 11:05	Chair Yoga	Studio 2	Delia
10:15 - 11:15	Studio Strength	Studio 1	Hazel
11:05 - 11:50	Aqua Exercise	Swimming Pool	Christine
11:20 - 12:20	Coreball	Studio 2	Cecile
12:00 - 13:00	Pickleball	Sports Hall 2	
13:30 - 14:30	Circuit (Active Living)	Studio 1	Sharon