

Active Living Timetable

Sport and Active Health

Accurate as of 18/04/2026

Times for Thursday 23 April



Time	Session	Facility	Instructor
09:15 - 09:45	Wattbike Social	Studio 3	No Teacher
09:15 - 10:15	Circuit	Studio 1	Hazel
09:20 - 10:20	Mat Pilates	Studio 2	Andy
10:35 - 11:35	Studio Strength	Studio 1	Hazel
11:05 - 11:50	Deep Water Aqua Exercise	Swimming Pool	John R
11:30 - 12:30	Pickleball	Sports Hall 2	