

# Active Living Timetable

## Sport and Active Health

Accurate as of 05/08/2026

| Times for Wednesday 5 August |                         |               |            |
|------------------------------|-------------------------|---------------|------------|
| Time                         | Session                 | Facility      | Instructor |
| 09:10 - 09:55                | Aerobics                | Studio 1      | Paula      |
| 09:30 - 10:30                | Circuit (Active Living) | Studio 1      | Sharon     |
| 10:30 - 11:30                | Pickleball              | Sports Hall 2 | No Teacher |
| 10:40 - 11:40                | Mat Yoga                | Studio 2      | Nick       |
| 11:30 - 12:30                | Pickleball              | Sports Hall 2 | No Teacher |