Active Living Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Wednesday 11 November

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