Active Living Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Thursday 12 November

Time	Session	Facility	Instructor
09:15 - 10:15	Circuit	Studio 1	Jackie
09:20 - 10:20	Mat Pilates	Studio 2	Andy
10:35 - 11:35	Studio Strength	Studio 1	Victoria
11:05 - 11:50	Aqua Exercise	Swimming Pool	Lizzie
11:30 - 12:30	Pickleball	Sports Hall 2	