Active Living Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Friday 13 November

Time	Session	Facility	Instructor
09:30 - 10:30	Chair Yoga	Studio 2	Anna
10:35 - 11:35	Circuit (Active Living)	Studio 1	Sharon
10:45 - 11:45	Mat Yoga	Studio 2	Anna
11:30 - 12:30	Pickleball	Sports Hall 2	No Teacher