Active Living Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Monday 16 November

Time	Session	Facility	Instructor
09:30 - 10:30	Circuit (Active Living)	Studio 1	Jackie
10:00 - 11:00	Pickleball	Sports Hall 2	No Teacher
10:05 - 10:50	Aqua Exercise	Swimming Pool	Lizzie
10:45 - 11:45	Chair Yoga	Studio 2	Delia