Active Living Timetable

Sport and Active Health

Accurate as of 11/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Instructor
10:00 - 11:00	Chair Exercise	Studio 2	Delia
10:05 - 10:50	Aqua Exercise	Swimming Pool	Christine
10:15 - 11:15	Studio Strength	Studio 1	Bev
11:05 - 11:50	Aqua Exercise	Swimming Pool	Christine
11:20 - 12:20	Coreball	Studio 2	Cecile
12:00 - 13:00	Pickleball	Sports Hall 2	
13:30 - 14:30	Circuit (Active Living)	Studio 1	Bev