

# Class Timetable

## Framingham Earl Sports Centre

Accurate as of 08/08/2026

| Times for Friday 14 August |                   |              |            |
|----------------------------|-------------------|--------------|------------|
| Time                       | Session           | Facility     | Instructor |
| 18:00 - 18:45              | Dynamic Flow Yoga | Dance Studio | Lucia      |
| 18:45 - 19:30              | Relaxation Yoga   | Dance Studio | Lucia      |