

# group exercise programme

## Knighton Sports Centre

Accurate as of 19/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Level
7:30 am - 8:00 am	Boxercise	studio	
8:30 am - 9:00 am	Complete Core	studio	
9:00 am - 9:30 am	Gentle Aqua	swimming pool	
9:30 am - 10:30 am	AAA	studio	
10:45 am - 11:45 am	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	studio	
12:00 pm - 1:00 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	gym	
5:45 pm - 6:30 pm	Lift and Shape	studio	
6:30 pm - 7:15 pm	Indoor Cycle	squash courts	