


# exercise class programme

## Nunnery Wood Sports Complex

Accurate as of 10/05/2024

Times for Thursday 1 June				
Time	Session	Facility	Level	
6:00 pm - 6:45 pm	Body Sculpt	small hall		
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2		
7:00 pm - 7:50 pm	HIIT	main hall		