

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 18/05/2024

Times for Thursday 18 January			
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	
7:10 pm - 7:55 pm	Kettlebells	main hall	