

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 17/05/2025

Times for Monday 21 May



Time	Session	Facility	Level
6:00 pm - 7:00 pm	Freedom Indoor Cycling	gym 2	
7:00 pm - 7:50 pm	HIIT	main hall	
8:00 pm - 8:50 pm	Body Balance	main hall	