


exercise class programme

Nunnery Wood Sports Complex

Accurate as of 04/05/2024

Times for Wednesday 23 May				
Time	Session	Facility	Level	
6:00 pm - 6:30 pm	Body Attack	main hall		
6:35 pm - 7:05 pm	Body Pump Express	main hall		
7:10 pm - 8:00 pm	Zumba	main hall		