

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 25/04/2024

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	