


exercise class programme

Nunnery Wood Sports Complex

Accurate as of 09/04/2024

Times for Thursday 24 May				
Time	Session	Facility	Level	
6:00 pm - 6:50 pm	Body Sculpt	main hall		
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2		
7:00 pm - 7:50 pm	Freedom Bootcamp	main hall		