

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 29/04/2024

Times for Monday 18 March



| Time | Session | Facility | Level |
|-------------------|------------------------|------------|-------|
| 6:15 pm - 7:00 pm | Freedom Indoor Cycling | gym 2 | |
| 7:05 pm - 7:50 pm | Yoga | small hall | |