## **exercise class programme Nunnery Wood Sports Complex**

## Accurate as of 20/05/2024

| Times for Sunday 28 April |                 |            |       | () |
|---------------------------|-----------------|------------|-------|----|
| Time                      | Session         | Facility   | Level |    |
| 9:10 am - 9:55 am         | Fitness Pilates | studio     |       |    |
| 10:15 am - 11:00 am       | Body Combat     | small hall |       |    |