

# exercise class programme

## Nunnery Wood Sports Complex

Accurate as of 08/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Cardio Tone	small hall	
6:15 pm - 6:45 pm	Les Mills Sprint	gym 2	
7:00 pm - 7:45 pm	Freedom Circuits	small hall	