


exercise class programme

Nunnery Wood Sports Complex

Accurate as of 19/05/2024

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		