


exercise class programme

Nunnery Wood Sports Complex

Accurate as of 20/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Level	
6:00 pm - 6:45 pm	Body Sculpt	small hall		
6:00 pm - 6:45 pm	Body Combat	main hall		
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2		
7:00 pm - 7:55 pm	Body Balance	small hall		