

gym programme

Knighton Sports Centre

Accurate as of 17/05/2025

Times for Wednesday 25 November



Time	Session	Facility	Level
10:00 am - 11:00 am	Open Gym	gym	
1:00 pm - 2:00 pm	Open Gym	gym	
3:00 pm - 4:00 pm	Open Gym	gym	
6:00 pm - 7:00 pm	Open Gym	gym	