gym programmeKnighton Sports Centre

Accurate as of 17/05/2024

| Times for Thursday 3 December | | | |
|-------------------------------|----------|----------|-------|
| 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 | |