


gym programme

Knighton Sports Centre

Accurate as of 17/05/2024

Times for Friday 4 December				
Time	Session	Facility	Level	
7:00 am - 8:00 am	Open Gym	gym		
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		