

gym programme

Knighton Sports Centre

Accurate as of 03/05/2024

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	