gym programme
Knighton Sports Centre

Accurate as of 12/10/2024

Times for Wednesday 22 September

Time	Session	Facility	Level
10:00 am - 11:00 am	Open Gym	gym	
11:00 am - 12:00 pm	Open Gym	gym	
12:00 pm - 1:00 pm	Open Gym	gym	
1:00 pm - 2:00 pm	Open Gym	gym	
2:00 pm - 3:00 pm	Open Gym	gym	
3:00 pm - 4:00 pm	Open Gym	gym	
4:00 pm - 5:00 pm	Open Gym	gym	
5:00 pm - 6:00 pm	Open Gym	gym	
6:00 pm - 7:00 pm	Open Gym	gym	
7:00 pm - 8:30 pm	Open Gym	gym	