


gym programme

Knighton Sports Centre

Accurate as of 08/05/2024

Times for Thursday 23 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		