

# gym programme

## Knighton Sports Centre

Accurate as of 18/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Level
10:00 am - 4:30 pm	Open Gym	gym	
4:30 pm - 5:30 pm	Junior Fitness	gym	
5:30 pm - 9:00 pm	Open Gym	gym	