

# group exercise programme

## Knighton Sports Centre

Accurate as of 30/04/2024

### Times for Tuesday 24 November



| Time                | Session | Facility | Level |
|---------------------|---------|----------|-------|
| 9:30 am - 10:30 am  | AAA     | studio   |       |
| 11:00 am - 12:00 pm | AAA     | studio   |       |