group exercise programme Knighton Sports Centre

Accurate as of 09/04/2024

| Times for Tuesday 1 December | | | • |
|------------------------------|--------------|---------------|-------|
| Time | Session | Facility | Level |
| 9:30 am - 10:30 am | AAA | studio | |
| 6:30 pm - 7:15 pm | Indoor Cycle | squash courts | |