

group exercise programme

Knighton Sports Centre

Accurate as of 07/05/2024

Times for Tuesday 21 September			
Time	Session	Facility	Level
9:00 am - 9:30 am	Gentle Aqua	swimming pool	
9:30 am - 10:30 am	AAA	studio	
6:30 pm - 7:15 pm	Indoor Cycle	squash courts	