

group exercise programme

Knighton Sports Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
10:15 am - 11:00 am	Zumba Gold	studio	
5:30 pm - 6:15 pm	Step Aerobics / Camu Lan	studio	
6:30 pm - 7:15 pm	Indoor Cycle	squash courts	
6:30 pm - 7:15 pm	Step Aerobics / Camu Lan	studio	