

group exercise programme

Knighton Sports Centre

Accurate as of 18/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
9:30 am - 10:15 am	Cylchedau / Circuits	studio	
10:30 am - 11:00 am	Abs Blast	studio	
3:30 pm - 4:15 pm	Zumba Kids	studio	
4:30 pm - 5:15 pm	Zumba Kids	studio	
4:30 pm - 5:30 pm	Teenfit	gym	
5:45 pm - 6:30 pm	Indoor Cycle	squash courts	
5:45 pm - 6:30 pm	Pilates Fitness	studio	