

group exercise programme

Knighton Sports Centre

Accurate as of 18/05/2024

Times for Thursday 2 May



Time	Session	Facility	Level
5:15 pm - 6:00 pm	TONE	studio	
6:00 pm - 6:45 pm	Aqua Aerobics	swimming pool	
6:05 pm - 6:50 pm	Spinning ®	studio	