

group exercise programme

Knighton Sports Centre

Accurate as of 19/05/2024

Times for Friday 3 May



Time	Session	Facility	Level
7:30 am - 8:15 am	Legs, Bums & Tums	studio	
9:30 am - 10:30 am	AAA	studio	
10:45 am - 11:45 am	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	studio	
12:00 pm - 1:00 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	gym	
5:15 pm - 6:00 pm	Kettlebells	studio	
6:15 pm - 7:00 pm	Pilates Fitness	studio	