

# group exercise programme

## Knighton Sports Centre

Accurate as of 20/08/2026

| Times for Tuesday 25 August |                 |               |       |
|-----------------------------|-----------------|---------------|-------|
| Time                        | Session         | Facility      | Level |
| 9:00 am - 9:30 am           | Gentle Aerobics | swimming pool |       |
| 5:45 pm - 6:15 pm           | HIIT            | studio        |       |
| 6:30 pm - 7:15 pm           | Kettlebells     | studio        |       |