

# group exercise programme

## Knighton Sports Centre

Accurate as of 19/09/2026

| Times for Thursday 24 September |                                                                                              |               |       |  |
|---------------------------------|----------------------------------------------------------------------------------------------|---------------|-------|-------------------------------------------------------------------------------------|
| Time                            | Session                                                                                      | Facility      | Level |                                                                                     |
| 9:30 am - 10:30 am              | AAA (50+)                                                                                    | studio        |       |                                                                                     |
| 10:30 am - 11:30 am             | Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS) | studio        |       |                                                                                     |
| 11:30 am - 12:30 pm             | Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS) | gym           |       |                                                                                     |
| 5:45 pm - 6:30 pm               | Lift and Shape                                                                               | studio        |       |                                                                                     |
| 6:00 pm - 6:45 pm               | Aqua Aerobics                                                                                | swimming pool |       |                                                                                     |