group exercise programme
Knighton Sports Centre

Accurate as of 18/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Level
11:00 am - 11:45 am	TONE	studio	
3:30 pm - 4:15 pm	Gymnasteg / Gymnastics	studio	
4:30 pm - 5:15 pm	Gymnasteg / Gymnastics	studio	
5:30 pm - 6:30 pm	Pilates Fitness	studio	
5:45 pm - 6:30 pm	Indoor Cycle	squash courts	