group exercise programme
Knighton Sports Centre

Accurate as of 18/11/2026

Times for Thursday 19 November

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	