group exercise programme
Knighton Sports Centre

Accurate as of 18/11/2026

Times for Tuesday 24 November

Time	Session	Facility	Level
9:00 am - 9:30 am	Gentle Aqua	swimming pool	
5:45 pm - 6:15 pm	HIIT	studio	
6:30 pm - 7:15 pm	Kettlebells	studio	