

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 03/05/2024

Times for Monday 20 June



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Body Attack	outdoor	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2	
7:00 pm - 7:45 pm	Yoga	studio	