

# exercise class programme

## Nunnery Wood Sports Complex

Accurate as of 05/05/2024

Times for Tuesday 28 June			
Time	Session	Facility	Level
6:00 pm - 6:45 pm	Fitness Pilates	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2	
7:00 pm - 8:00 pm	Les Mills BODYPUMP™	small hall	