

# exercise class programme

## Nunnery Wood Sports Complex

Accurate as of 16/05/2024

### Times for Thursday 28 March



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Body Sculpt	small hall	
6:00 pm - 6:45 pm	Body Combat	main hall	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2	
7:00 pm - 7:55 pm	Body Balance	small hall	