

# exercise class programme

## Nunnery Wood Sports Complex

Accurate as of 16/05/2024

Times for Monday 1 April			
Time	Session	Facility	Level
6:00 pm - 6:45 pm	Body Combat	small hall	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	gym 2	
7:05 pm - 7:50 pm	Yoga	small hall	