

exercise class programme

Nunnery Wood Sports Complex

Accurate as of 20/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Cardio Tone	small hall	
6:15 pm - 6:45 pm	Les Mills Sprint	gym 2	
7:00 pm - 7:45 pm	Freedom Circuits	small hall	