

exercise class programme

The Nene Centre

Accurate as of 28/04/2024

Times for Tuesday 27 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Total Body Conditioning	studio 2	all levels
10:30 am - 11:15 am	Upper Body Blitz	studio 2	all levels
12:30 pm - 1:15 pm	Pilates	studio 2	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio 1	all levels
6:00 pm - 7:00 pm	Clubbercise	studio 2	all levels
7:00 pm - 7:45 pm	Freedom Indoor Cycling	studio 1	all levels
7:15 pm - 8:00 pm	Yogalates	studio 2	all levels
8:15 pm - 9:00 pm	Yogalates	studio 2	all levels