

exercise class programme

The Nene Centre

Accurate as of 17/05/2025

Times for Wednesday 28 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Legs, Bums & Tums	studio 2	all levels
10:15 am - 11:00 am	Aqua Aerobics	main pool	all levels
10:45 am - 11:30 am	Stretch & Tone	studio 2	all levels
6:00 pm - 6:45 pm	Freedom Pump	studio 2	all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	studio 2	all levels
7:00 pm - 7:45 pm	Cardio Tone	studio 2	all levels