


exercise class programme

The Nene Centre

Accurate as of 03/05/2024

Times for Thursday 29 October				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Pilates	studio 2	all levels	
11:00 am - 11:45 am	Yoga	studio 2	all levels	
2:00 pm - 3:00 pm	Clubbercise	studio 2	all levels	
5:45 pm - 6:30 pm	Yoga	studio 2	all levels	
6:45 pm - 7:30 pm	Legs, Bums & Tums	studio 2	all levels	
7:00 pm - 7:45 pm	Aqua Aerobics	main pool	all levels	
7:00 pm - 8:00 pm	Coach by Colour Indoor Cycling	studio 1	all levels	
7:45 pm - 8:30 pm	Legs, Bums & Tums	studio 2	all levels	