

exercise class programme

The Nene Centre

Accurate as of 23/04/2024

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