

exercise class programme

The Nene Centre

Accurate as of 26/04/2024

Times for Monday 2 November



Time	Session	Facility	Level
9:30 am - 10:15 am	Legs, Bums & Tums	studio 2	all levels
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	all levels
11:45 am - 12:30 pm	Yoga	studio 2	all levels
5:15 pm - 6:00 pm	Yoga	studio 2	all levels
6:05 pm - 6:50 pm	Yoga	studio 2	all levels
7:00 pm - 7:45 pm	Aqua Aerobics	main pool	all levels