

# exercise class programme

## The Nene Centre

Accurate as of 30/04/2024

### Times for Friday 6 November



Time	Session	Facility	Level
9:15 am - 10:00 am	Aqua Aerobics	main pool	all levels
9:30 am - 10:15 am	Freedom Pump	studio 2	all levels
10:30 am - 11:15 am	HIIT	studio 2	all levels
12:30 pm - 1:15 pm	Yogalates	studio 2	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	studio 2	all levels
6:00 pm - 7:00 pm	Clubbercise	studio 2	all levels