


exercise class programme

The Nene Centre

Accurate as of 13/05/2025

Times for Monday 27 March				
Time	Session	Facility	Level	
10:30 am - 11:30 am	Circuits	studio 1	all levels	
12:30 pm - 1:30 pm	Yoga	studio 1	all levels	
5:30 pm - 6:30 pm	Yoga	studio 2	all levels	