

# exercise class programme

## The Nene Centre

Accurate as of 03/05/2024

### Times for Monday 27 March



Time	Session	Facility	Level
9:00 am - 9:30 am	Ignite HIIT	gym	all levels
9:30 am - 10:30 am	Legs, Bums & Tums	studio 1	all levels
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