

exercise class programme

The Nene Centre

Accurate as of 13/05/2025

Times for Wednesday 29 March				
Time	Session	Facility	Level	
9:00 am - 10:00 am	Legs, Bums & Tums	studio 1	all levels	
10:00 am - 11:00 am	Freedom Pump	studio 1	all levels	
10:00 am - 11:00 am	Aqua Aerobics	main pool	all levels	
11:30 am - 12:15 pm	Chair Based Fitness	studio 1	all levels	
5:30 pm - 6:15 pm	Pilates	studio 2	all levels	
6:00 pm - 7:00 pm	Freedom Pump	studio 1	all levels	
7:00 pm - 8:00 pm	Cardio Tone	studio 1	all levels	