

exercise class programme

The Nene Centre

Accurate as of 13/05/2025

Times for Thursday 30 March



Time	Session	Facility	Level
9:30 am - 10:30 am	Pilates	studio 1	all levels
10:30 am - 11:30 am	Yoga	studio 2	all levels
5:30 pm - 6:30 pm	Yoga	studio 2	all levels
6:30 pm - 7:15 pm	Legs, Bums & Tums	studio 1	all levels
7:15 pm - 8:00 pm	Legs, Bums & Tums	studio 1	all levels