

exercise class programme

The Nene Centre

Accurate as of 03/05/2024

Times for Friday 31 March



Time	Session	Facility	Level
9:00 am - 10:00 am	Aqua Zumba	main pool	all levels
9:30 am - 10:30 am	Freedom Pump	studio 1	all levels
10:30 am - 11:30 am	HIIT	studio 1	all levels
10:30 am - 11:30 am	Chair Yoga	studio 1	all levels
11:30 am - 12:30 pm	Pilates	studio 1	all levels
12:30 pm - 1:30 pm	Yogalates	studio 2	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	studio 1	all levels