


exercise class programme

The Nene Centre

Accurate as of 13/05/2025

| Times for Monday 3 April | | | |  |
|--------------------------|----------|----------|------------|---|
| 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 | |