

exercise class programme

The Nene Centre

Accurate as of 19/04/2024

Times for Monday 3 April



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