

# exercise class programme

## The Nene Centre

Accurate as of 27/04/2024

### Times for Tuesday 4 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Total Body Conditioning	studio 1	all levels
10:30 am - 11:15 am	Upper Body Blitz	studio 1	all levels
12:30 pm - 1:30 pm	Yogalates	studio 1	all levels
7:00 pm - 8:00 pm	Yogalates	studio 1	all levels
7:30 pm - 8:30 pm	Clubbercise	studio 2	all levels
8:00 pm - 9:00 pm	Yogalates	studio 1	all levels