

# exercise class programme

## The Nene Centre

Accurate as of 20/05/2024

### Times for Thursday 25 April



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
12:00 pm - 12:30 pm	Ignite HIIT	gym	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
7:00 pm - 8:00 pm	Coach by Colour Indoor Cycling	studio 2	all levels
7:15 pm - 8:00 pm	Legs, Bums & Tums	studio 1	all levels
7:30 pm - 8:30 pm	Aqua Aerobics	main pool	