


exercise class programme

The Nene Centre

Accurate as of 07/05/2024

Times for Friday 26 April				
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	
5:45 pm - 6:30 pm	Freedom Indoor Cycling	studio 1	all levels	
6:00 pm - 7:00 pm	Clubbercise	studio 1		
6:00 pm - 7:00 pm	Clubbercise	studio 1	all levels	