

# exercise class programme

## The Nene Centre

Accurate as of 19/05/2024

Times for Monday 29 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	
11:30 am - 12:30 pm	Zumba Gold	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	
7:15 pm - 8:00 pm	Aqua Aerobics	main pool	all levels	