


exercise class programme

The Nene Centre

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Level	
9:00 am - 10:00 am	Yoga	studio 2		
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	
6:00 pm - 7:00 pm	HIIT	studio 1		
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	