

# exercise class programme

## The Nene Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May			
Time	Session	Facility	Level
9:30 am - 10:30 am	Legs, Bums & Tums	studio 1	all levels
10:00 am - 11:00 am	Aqua Aerobics	main pool	all levels
10:30 am - 11:30 am	Pure Stretch	studio 1	all levels
11:30 am - 12:15 pm	Chair Based Fitness	studio 1	all levels
5:30 pm - 6:15 pm	Pilates	studio 2	all levels
6:00 pm - 7:00 pm	Freedom Pump	studio 1	all levels
6:30 pm - 7:30 pm	Freedom Indoor Cycling & Abs	studio 2	all levels
7:00 pm - 8:00 pm	Cardio Tone	studio 1	all levels