

exercise class programme

The Nene Centre

Accurate as of 01/06/2024

Times for Saturday 4 May



| Time | Session | Facility | Level |
|-------------------|-------------------------|----------|------------|
| 7:30 am - 8:15 am | Freedom Indoor Cycling | studio 2 | all levels |
| 8:30 am - 9:15 am | Total Body Conditioning | studio 1 | all levels |