



NETHERNE LEISURE CENTRE CLASS TIMETABLE



Monday.

Circuits
19:30 - 20:00

Thursday.

Circuits
19:30 - 20:00

Tuesday.

Abs Blast
18:15 - 18:45

HIIT
19:00 - 19:30

Saturday.

Abs Blast
11:00 - 11:30

Wednesday.

HIIT
18:15 - 18:45

Stretch
19:00 - 19:30

Sunday.

Stretch
11:00 - 11:30

PLEASE EMAIL LEISURECENTRE@NML.ESTATE OR
CALL 01737558931 TO MAKE YOUR BOOKING