





NKH FITNESS CLASS TIMETABLE – NOVEMBER/DECEMBER 2024

Resume Date	Occurrence	Session	Time	Type of Exercise	Location
Tuesday 5 th November 2024	Weekly until 17 th December		7:15pm – 7:45pm 30 minutes	Cardiovascular and Strength	
Thursday 7 th November 2024	Weekly until 19 th December		7:15pm – 7:45pm 30 minutes	Cardiovascular and Strength	

The online live classes will run until Thursday 19th December 2024

Please note that our timetable may be subject to change. Book your spot at our **new booking system** at <http://www.nkhfitness.co.uk/book-online>. If you have any questions or suggestions, please contact us at info@nkhfitness.co.uk for more information.

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YouTube: NKH Fitness **Website:** <http://www.nkhfitness.co.uk>

