

NKH FITNESS CLASS TIMETABLE - SEPTEMBER 2024

Start Date	Occurrence	Session	Time	Type of Exercise	Location
Monday 9 th September	Weekly		7:00pm – 8:00pm	Dance Cardio and Toning	
Thursday 12 th September	Weekly		7:00pm – 8:00pm	Dance Cardio and Toning	
Tuesday 24 th September	Monthly		6:00pm – 7:00pm	Dance Cardio and Toning	In-Person: Andover Estate Community Centre, Finsbury Park, London N7 7RY

NKH Fitness classes will start on **Monday 9th September 2024**. Please note that our timetable may be subject to change. If you have any questions or suggestions, please contact us at info@nkhfitness.co.uk for more information.

Don't forget to like, subscribe, and follow our social media pages: -

Facebook: NKH Fitness
Instagram: @nkhfitnessuk
YouTube: NKH Fitness

