

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 28/07/2026

Times for Tuesday 28 July				
Time	Session	Facility	Level	Type
09:15 - 10:00	Aqua Fit	Main Pool 25m	Discover	Swim
09:30 - 10:25	Dance Fitness	Sports Hall	Explore	Move
10:30 - 11:25	Zumba	Sports Hall	Explore	Move
12:30 - 13:30	Nice & Easy Circuits	Sports Hall	Discover	Shape
17:30 - 18:00	Boxercise	Sports Hall	Discover	Shape
17:30 - 18:00	Boxercise	Sports Hall	Discover	Shape
18:00 - 18:30	H.I.I.T	Sports Hall	Excel	Power
18:00 - 18:55	Pilates	Activity Room	Discover	Mind
18:30 - 19:15	Hula Hoop	Sports Hall	Explore	Shape
19:00 - 19:45	Cardio Aqua	Main Pool 25m	Explore	Swim
19:00 - 19:55	Step and Tone	Activity Room	Explore	Move
19:20 - 20:15	Dance Fitness	Sports Hall	Explore	Move
20:00 - 20:55	Pilates	Activity Room	Discover	Mind
21:00 - 22:00	Swim Fit	Main Pool 25m	Discover	Swim