

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 28/07/2026

Times for Wednesday 29 July				
Time	Session	Facility	Level	Type
09:05 - 09:50	Cardio Aqua	Main Pool 25m	Discover	Swim
09:25 - 09:55	CX Worx	Activity Room	Explore	Core
10:00 - 10:55	Pilates	Activity Room	Discover	Mind
11:00 - 11:55	Nice & Easy Circuits	Sports Hall	Discover	Shape
11:00 - 11:55	Hatha Yoga	Activity Room	Discover	Mind
12:00 - 12:55	Hatha Yoga	Activity Room	Discover	Mind
18:00 - 18:55	Total Workout	Activity Room	Explore	Move
19:00 - 19:55	Body Combat	Activity Room	Explore	Move
19:00 - 19:55	Circuits	Sports Hall	Explore	Switch
19:30 - 20:15	Aqua Fit	Main Pool 25m	Explore	Swim
20:00 - 20:55	Body Jam	Activity Room	Excel	Move