

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 28/07/2026

Times for Thursday 30 July				
Time	Session	Facility	Level	Type
09:05 - 09:50	Aqua Zumba	Main Pool 25m	Explore	Move
09:30 - 10:25	Dance Fitness	Sports Hall	Explore	Move
10:30 - 11:25	Body Combat	Sports Hall	Excel	Move
11:30 - 12:25	Nice & Easy Zumba	Sports Hall	Discover	Move
12:35 - 13:25	Nice & Easy Circuits	Sports Hall	Discover	Shape
17:00 - 17:45	Studio Cycling	Sports Hall	Discover	Move
17:25 - 17:55	CX Worx	Activity Room	Explore	Core
18:00 - 18:55	Body Combat	Sports Hall	Explore	Move
18:00 - 18:55	Pilates (Pay As You Go)	Activity Room	Discover	Swim
19:00 - 19:55	Sh'Bam	Activity Room	Discover	Move
19:00 - 19:55	Body Attack	Sports Hall	Explore	Power
19:30 - 20:15	Cardio Aqua	Main Pool 25m	Explore	Swim
20:30 - 21:25	Pilates	Activity Room	Discover	Mind