

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 28/07/2026

Times for Friday 31 July				
Time	Session	Facility	Level	Type
09:00 - 09:55	Body Balance	Activity Room	Explore	Core
09:10 - 09:55	Aqua Fit	Main Pool 25m	Discover	Swim
09:30 - 10:25	Nice & Easy	Sports Hall	Discover	Move
10:00 - 10:55	Nice & Easy Zumba	Activity Room	Explore	Move
11:00 - 11:55	Pilates Fitness	Activity Room	Discover	Core
13:00 - 14:00	Nice & Easy Circuits	Sports Hall	Discover	Shape
17:00 - 17:30	Abs Blast	Activity Room	Discover	Core
17:30 - 18:25	Yoga - Beginners	Activity Room	Discover	Mind
18:30 - 19:25	Yoga - Intermediate	Activity Room	Discover	Mind
19:00 - 19:45	Cardio Aqua	Main Pool 25m	Explore	Swim
19:30 - 20:00	Meditation	Activity Room	Discover	Mind
19:45 - 20:30	Deep Water Aqua Fit	Main Pool 25m	Explore	Swim