

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 28/07/2026

Times for Saturday 1 August				
Time	Session	Facility	Level	Type
09:00 - 09:55	Body Combat	Activity Room	Explore	Move
10:00 - 10:30	CX Worx	Activity Room	Explore	Core
10:30 - 11:25	Body Attack	Activity Room	Explore	Power