

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 02/10/2026

Times for Sunday 4 October				
Time	Session	Facility	Level	Type
09:00 - 09:55	Pilates	Activity Room	Discover	Mind
10:00 - 10:55	Yoga	Activity Room	Discover	Mind
11:00 - 11:30	Kettlebells	Activity Room	Discover	Power
11:00 - 11:30	Kettlebells	Activity Room	Discover	Power
15:00 - 15:45	Sh'Bam	Sports Hall	Discover	Move