

Exercise Class Timetable

Bitterne Leisure Centre

Accurate as of 02/10/2026

Times for Monday 5 October



Time	Session	Facility	Level	Type
09:30 - 10:25	Nice & Easy	Sports Hall	Discover	Move
10:30 - 11:25	Body Tone	Sports Hall	Explore	Shape
11:00 - 11:45	Cardio Aqua	Main Pool 25m	Discover	Swim
11:30 - 12:25	Body Balance	Sports Hall	Discover	Core
12:30 - 13:15	Studio Cycling	Sports Hall	Discover	Move
17:25 - 17:55	CX Worx	Activity Room	Explore	Core
18:00 - 18:45	RPM	Sports Hall	Explore	Shape
18:00 - 18:55	Hatha Yoga	Activity Room	Discover	Mind
19:00 - 19:45	Aquanatal	Main Pool 25m	Discover	Swim
19:00 - 19:55	Hatha Yoga	Activity Room	Discover	Mind
19:00 - 19:55	Body Combat	Sports Hall	Explore	Move
19:45 - 20:30	50/50 Aqua	Main Pool 25m	Explore	Swim
19:45 - 20:30	Deep Water Aqua Fit	Main Pool 25m	Discover	Swim
20:00 - 20:55	Body Jam	Sports Hall	Excel	Move
20:00 - 20:55	Sh'Bam	Activity Room	Explore	Move
20:30 - 21:15	50/50 Aqua	Main Pool 25m	Explore	Swim
20:30 - 21:15	Aqua Fit	Main Pool 25m	Discover	Swim