Clacton Leisure Centre Aerobic Timetables

Clacton Leisure Centre

Accurate as of 10/11/2026

Times for Tuesday 10 November

Time	Session	Facility
07:00 - 07:45	Bounce and Burn	Studio
09:15 - 10:15	Fit Ball Pilates	Studio
09:30 - 10:15	Spinning	Studio 2
10:30 - 11:30	Circuits	Studio
17:30 - 18:00	Extreme HIIT	Studio
18:15 - 19:15	Step & Abs	Studio
18:30 - 19:15	Spinning	Studio 2
19:15 - 20:15	Studio Strength	Studio
19:30 - 20:15	Spinning	Studio 2
20:15 - 21:15	Dance Fusion	Studio