Clacton Leisure Centre Aerobic Timetables

Clacton Leisure Centre

Accurate as of 10/11/2026

Times for Wednesday 11 November

Time	Session	Facility
07:00 - 07:45	Spinning	Studio 2
08:30 - 09:15	Studio Strength	Studio
09:30 - 10:30	Zumba	Studio
10:00 - 10:50	Aquacise	Indoor Pool (25.0m)
10:00 - 11:00	Diabetes Rehab	Studio 2
10:30 - 11:30	Cardio Groove	Studio
11:30 - 12:30	Pilates	Studio
12:30 - 13:30	Forever Active	Main Hall
12:30 - 13:30	Adult tap	Studio 2
17:30 - 18:15	Spinning	Studio 2
17:45 - 18:30	Bounce and Burn	Studio
18:45 - 19:30	Power Sticks	Studio 2
18:45 - 19:30	Total Tone	Studio