Clacton Leisure Centre Aerobic Timetables

Clacton Leisure Centre

Accurate as of 10/11/2026

Times for Thursday 12 November

Time	Session	Facility
07:00 - 07:45	Bounce and Burn	Studio
09:30 - 10:30	Studio Strength	Studio
10:00 - 10:50	Aquacise	Indoor Pool (25.0m)
10:45 - 11:45	Strong by Zumba	Main Hall
12:00 - 12:45	Zumba Gold	Studio
13:00 - 14:00	Pilates	Studio
17:45 - 18:45	Pilates	Studio
18:45 - 19:15	Beginners Spin	Studio 2
19:00 - 20:00	Body Combat	Studio
19:30 - 20:15	Spinning	Studio 2
20:00 - 21:00	Body Pump	Studio