Clacton Leisure Centre Aerobic Timetables

Clacton Leisure Centre

Accurate as of 10/11/2026

Times for Monday 16 November

Time	Session	Facility
09:30 - 10:15	Boot Camp	Studio
10:30 - 11:15	Studio Strength	Studio
10:30 - 11:30	Active for Life	Main Hall
11:30 - 13:00	Hatha Yoga	Studio
12:15 - 13:00	Spinning	Studio 2
13:15 - 14:00	Legs Bums & Tums	Studio
17:30 - 18:15	Spinning	Studio 2
17:30 - 18:15	Bounce and Burn	Studio
18:30 - 19:15	Power Sticks	Studio 2
18:30 - 19:30	Body Combat	Studio
19:30 - 20:30	Body Balance	Studio