

# Fitness Timetable

## Haverhill Leisure Centre

Accurate as of 07/06/2026

### Times for Monday 8 June



Time	Session	Facility	Instructor	Level
09:30 - 10:30	RPM	RPM Studio		
10:00 - 11:00	Keep Active	Main Hall		
10:40 - 11:40	Body Balance	Dance Studio 2		
11:00 - 12:00	Beginner Pilates	Activity Hall		
11:15 - 12:15	Keep Active	Main Hall		
14:00 - 15:00	50+ Strength 'n' Balance	Activity Hall		
17:30 - 17:55	Express Circuits	Gym		
18:00 - 19:00	Core Stability	Dance Studio 2		
18:00 - 19:00	Indoor Cycling	RPM Studio		
18:00 - 19:00	Fitsteps	Dance Studio 1		
18:15 - 19:15	Fitness Pilates	Activity Hall		
19:00 - 20:00	Circuit Training	Main Hall		
19:10 - 20:10	Monday Night Blitz	Dance Studio 1		
20:15 - 21:00	Aqua Aerobics	Main Pool (25m)		
20:20 - 21:20	Body Balance	Dance Studio 2		