

Fitness Timetable

Haverhill Leisure Centre

Accurate as of 07/06/2026

Times for Thursday 11 June



Time	Session	Facility	Instructor	Level
06:30 - 06:55	Express Circuits	Gym		
09:30 - 10:30	Body Pump	Dance Studio 1		
10:00 - 11:00	Keep Active	Main Hall		
10:40 - 11:40	RPM	RPM Studio		
10:40 - 11:40	Yoga	Activity Hall		
11:15 - 12:00	Aqua Aerobics	Main Pool (25m)		
13:45 - 14:45	Pilates	Activity Hall		
17:30 - 17:55	Express Circuits	Gym		
18:00 - 19:00	Indoor Cycling	RPM Studio		
18:00 - 19:00	Body Jam	Dance Studio 2		
18:00 - 19:00	Kettlebells	Dance Studio 1		
19:00 - 20:00	Circuit Training	Main Hall		
19:15 - 20:15	LBT	Dance Studio 1		
19:30 - 20:30	Yoga	Activity Hall		