

Fitness Timetable

Haverhill Leisure Centre

Accurate as of 07/06/2026

Times for Friday 12 June



Time	Session	Facility	Instructor	Level
09:30 - 10:30	RPM	RPM Studio		
09:30 - 10:30	Friday Blitz	Dance Studio 1		
10:00 - 11:00	Pilates	Activity Hall		
10:40 - 11:40	Zumba	Dance Studio 1		
11:15 - 12:15	Pilates	Activity Hall		
18:00 - 19:00	Yoga	Activity Hall		
18:00 - 19:00	HITT	Dance Studio 1		