## **exercise class programme King Alfred Leisure Centre**

## Accurate as of 09/05/2024

Times for Monday 6 December				<b>©</b>
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio	Lauren	all levels
6:00 pm - 7:00 pm	Body Pump	studio 1	Elle	all levels