

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 11/05/2024

Times for Tuesday 7 December				
Time	Session	Facility	Instructor	Level
10:10 am - 11:10 am	Pilates	studio 1	Wendy	all levels
6:15 pm - 7:00 pm	Dance Fitness	ballroom	Natalie	all levels