

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 10/04/2024

### Times for Thursday 9 December



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
9:30 am - 10:30 am	Stretch & Core	studio 1	Lauren	all levels
6:00 pm - 7:00 pm	Freedom Indoor Cycling	studio 1	Elle	all levels