

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 07/05/2024

Times for Friday 10 December				
Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
10:00 am - 11:00 am	Pilates	studio 1	Michelle	all levels
6:00 pm - 7:00 pm	Yoga	studio 2	Flo	all levels