

exercise class programme

King Alfred Leisure Centre

Accurate as of 04/05/2024

Times for Monday 13 December



| 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 |