

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 27/04/2024

### Times for Tuesday 14 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