

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 15 December				
Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
12:00 pm - 1:00 pm	Yoga	studio 1	Cathy	all levels
7:00 pm - 8:00 pm	Yoga	studio 1	Cathy	all levels