

exercise class programme

King Alfred Leisure Centre

Accurate as of 04/05/2024

Times for Friday 17 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 |