

exercise class programme

King Alfred Leisure Centre

Accurate as of 03/05/2024

Times for Monday 22 April



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|-----------------------|------------|------------|
| 7:00 am - 7:30 am | HIIT | gym | Chris | all levels |
| 9:30 am - 10:15 am | Freedom Indoor Cycling | indoor cycling studio | Lauren | all levels |
| 9:30 am - 10:15 am | 50+ HIIT | gym | Gym Team | all levels |
| 10:00 am - 10:45 am | Aqua Aerobics | main pool (25m) | Sharon | all levels |
| 10:15 am - 11:30 am | 50+ HIIT | gym | Gym Team | all levels |
| 10:30 am - 11:30 am | Step and Tone | studio 1 | Wendy | all levels |
| 10:50 am - 11:35 am | Aqua Aerobics | main pool (25m) | Sharon | all levels |
| 12:00 pm - 1:00 pm | Pilates | studio 1 | Gemma | all levels |
| 6:00 pm - 7:00 pm | Body Pump | studio 1 | Elle | all levels |
| 6:30 pm - 7:00 pm | HIIT | gym | Gym Team | all levels |
| 7:15 pm - 8:00 pm | Freedom Indoor Cycling | studio 1 | Elle | all levels |