

exercise class programme

King Alfred Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 25 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
8:45 am - 9:30 am	50+ HIIT	gym	Gym Team	all levels
9:30 am - 10:30 am	Stretch & Core	studio 1	Lauren	all levels
10:30 am - 11:15 am	50+ HIIT	gym	Gym Team	all levels
10:45 am - 11:45 am	Spin	studio 1	Wendy	all levels
12:45 pm - 1:15 pm	HIIT	gym	Gym Team	all levels
6:00 pm - 7:00 pm	Freedom Indoor Cycling	studio 1	Elle	all levels
6:30 pm - 7:00 pm	Stretch & Core	gym	Gym Team	all levels
7:00 pm - 8:00 pm	Body Pump	studio 1	Elle	all levels