

exercise class programme

King Alfred Leisure Centre

Accurate as of 24/04/2026

Times for Tuesday 18 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Chris	all levels
9:30 am - 10:25 am	Total Body Conditioning	studio 1	Elle	all levels
10:30 am - 11:25 am	Body Balance	studio 1	Elle	all levels
6:00 pm - 6:45 pm	Dance Fit	ballroom	Elle	all levels
7:00 pm - 7:30 pm	HIIT	gym	Gym Team	all levels