

exercise class programme

King Alfred Leisure Centre

Accurate as of 24/04/2026

Times for Thursday 20 June



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	Cathy	all levels
10:30 am - 11:15 am	50+ HIIT	gym	Gym Team	all levels
11:00 am - 12:00 pm	Beginners Circuits	studio 1	Amy	beginner / intermediate
6:00 pm - 6:55 pm	Les Mills BODYPUMP™	studio 1	Hannah	all levels
7:00 pm - 7:30 pm	HIIT	gym	Gym Team	all levels