

exercise class programme

King Alfred Leisure Centre

Accurate as of 24/04/2026

Times for Friday 21 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
9:00 am - 9:30 am	HIIT	gym	Gym Team	all levels
10:00 am - 11:00 am	Pilates	studio 1	Michelle	all levels
6:00 pm - 7:15 pm	Yoga and Meditation	studio 2	Flo	all levels
7:00 pm - 7:30 pm	HIIT	gym	Gym Team	all levels