

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 09/06/2026

### Times for Tuesday 9 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Chris	all levels
9:00 am - 9:45 am	50+ HIIT	gym	No named instructor	all levels
9:00 am - 9:45 am	50+ HIIT	gym	No named instructor	
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
12:00 pm - 1:00 pm	Yogalates	studio 1	Kate	all levels
12:30 pm - 1:10 pm	50+ HIIT	gym	Amy	all levels
1:30 pm - 2:30 pm	Beginners Circuits	studio 1	Amy	beginner / intermediate
5:00 pm - 5:45 pm	Body Attack	studio 1	Adrian	all levels
6:00 pm - 6:45 pm	Dance Fit	ballroom	Elle	all levels
6:00 pm - 6:55 pm	Body Pump	studio 1	Flo	all levels
7:00 pm - 7:30 pm	HIIT	gym	Gym Team	all levels
7:05 pm - 8:00 pm	Les Mills BODYBALANCE™	studio 1	Flo	