

exercise class programme

King Alfred Leisure Centre

Accurate as of 09/06/2026

Times for Wednesday 10 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
8:00 am - 8:55 am	Dance Flow	studio 1	Hana	all levels
9:00 am - 9:55 am	Body Balance	studio 1	Hana	all levels
9:30 am - 10:00 am	HIIT	gym	Gym Team	all levels
10:00 am - 10:45 am	Silver sneakers	studio 1	Sharon	all levels
11:00 am - 11:45 am	Aqua Aerobics	main pool (25m)	Sharon	all levels
12:00 pm - 1:00 pm	Yoga	studio 1	Cathy	all levels
1:15 pm - 2:15 pm	Pilates	studio 1	Gemma	all levels
2:20 pm - 3:20 pm	Pilates	studio 1	Gemma	all levels
6:00 pm - 6:45 pm	Dance Fit	ballroom	Silvia	all levels
7:00 pm - 7:30 pm	HIIT	gym	Gym Team	all levels
7:00 pm - 8:00 pm	Yoga	studio 1	Cathy	all levels