

exercise class programme

King Alfred Leisure Centre

Accurate as of 09/06/2026

Times for Thursday 11 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 - 10:00 am	HIIT	gym	Gym Team	
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
12:30 pm - 1:30 pm	Yoga	studio 1	Kate	all levels
1:45 pm - 2:45 pm	Pilates	studio 1	Kate	all levels
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
7:05 pm - 7:50 pm	Les Mills SHAPES	studio 1	Elle	