

exercise class programme

King Alfred Leisure Centre

Accurate as of 09/06/2026

Times for Friday 12 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
9:00 am - 9:45 am	Body Attack	studio 1	Adrian	all levels
10:00 am - 11:00 am	Pilates	studio 1	Michelle	all levels
11:15 am - 12:00 pm	Aqua Aerobics	main pool (25m)	No named instructor	all levels
11:30 am - 12:25 pm	Body Pump	studio 1	No named instructor	
12:35 pm - 1:30 pm	Body Balance	studio 1	No named instructor	
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