

exercise class programme

King Alfred Leisure Centre

Accurate as of 09/06/2026

Times for Saturday 13 June



Time	Session	Facility	Instructor	Level
9:00 am - 9:55 am	Les Mills BODYPUMP™	studio 1	Hannah	all levels
9:00 am - 9:55 am	Body Pump	ballroom	Flo	
9:30 am - 10:00 am	HIIT	gym	Gym Team	all levels
10:05 am - 11:00 am	Body Balance	studio 1	Flo	all levels
11:05 am - 12:00 pm	Yoga	studio 1	Flo	all levels