

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 09/06/2026

### Times for Sunday 14 June



Time	Session	Facility	Instructor	Level
9:00 am - 9:55 am	Les Mills Body Pump HEAVY	studio 1	Hana	all levels
9:30 am - 10:00 am	HIIT	gym	Gym Team	all levels
10:05 am - 11:00 am	Les Mills BODYBALANCE™	studio 1	Hana	all levels
11:15 am - 12:10 pm	Dance Flow	studio 1	Hana	all levels