

exercise class programme

King Alfred Leisure Centre

Accurate as of 09/06/2026

Times for Monday 15 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Gym Team	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	studio 1	Hannah	all levels
9:30 am - 10:15 am	50+ HIIT	gym	Gym Team	all levels
10:00 am - 10:45 am	Aqua Aerobics	main pool (25m)	Sharon	all levels
10:15 am - 11:00 am	50+ HIIT	gym	Gym Team	all levels
10:30 am - 11:30 am	Yoga	studio 1	Safia	all levels
10:50 am - 11:35 am	Aqua Aerobics	main pool (25m)	Sharon	all levels
12:00 pm - 1:00 pm	Pilates	studio 1	Gemma	all levels
1:05 pm - 2:05 pm	Pilates	studio 1	Gemma	all levels
6:00 pm - 6:55 pm	Les Mills BODYPUMP™	studio 1	Elle	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	all levels