exercise class programme
King Alfred Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 23 April

Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Chris	all levels
9:00 am - 10:00 am	Aerobics	studio 1	Wendy	all levels
10:10 am - 11:10 am	Pilates	studio 1	Wendy	all levels
11:30 am - 12:45 pm	Yin Yoga	studio 1	Wendy	all levels
6:15 pm - 7:00 pm	Dance Fitness	ballroom	Natalie	all levels
6:30 pm - 7:00 pm	HIIT	gym	Gym Team	all levels
7:00 pm - 8:00 pm	Body Balance	studio 2	Sarah Jane	all levels