

# exercise class programme

## King Alfred Leisure Centre

Accurate as of 04/05/2024

### Times for Monday 29 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	HIIT	gym	Chris	all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio	Lauren	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 - 11:30 am	50+ HIIT	gym	Gym Team	all levels
10:30 am - 11:30 am	Step and Tone	studio 1	Wendy	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
6:00 pm - 7:00 pm	Body Pump	studio 1	Elle	all levels
6:30 pm - 7:00 pm	HIIT	gym	Gym Team	all levels
7:15 pm - 8:00 pm	Freedom Indoor Cycling	studio 1	Elle	all levels