

BITTERNE LEISURE CENTRE GROUP CLASS TIMETABLE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00 - Les Mills Body Pump	9:15-10:15 - Move and Tone	9:15-9:55 - Les Mills Body Balance	9:05-9:50 - Move and Tone	9:00-9:55 - Les Mills Body Balance	8:30-9:15 - Les Mills Body Pump	8:30-9:15 - Les Mills Body Balance
10:10-10:55 - Les Mills Body Balance	10:25-11:10 - Zumba	9:15-10:00 - Les Mills Body Combat	10:30-11:25 - Yoga	9:30-10:25 - Nice and Easy	9:20-10:15 - Les Mills Body Combat	
11:40-12:35 - Yoga	10:30-11:25 - Yoga	10:05-10:50 - Les Mills Body Pump	11:30-12:15 - Zumba (Gentle Pace)	10:30-11:25 - Pilates		
17:20-18:05 - Les Mills Body Balance	12:30-13:15 - Fit Forever	10:30-11:25 - Tai Chi	12:30-13:15 - Fit Forever	11:30-12:15 - Les Mills Body Balance		
18:00-18:55 - Les Mills Body Pump	17:45-18:40 - Step and Tone	11:30-12:25 - Nice and Easy	17:00-17:55 - Yoga	17:55-18:50 - Yoga		
18:10-18:55 - Dance Fitness	18:45-19:30 - Zumba	17:00-17:55 - Yoga	19:00-19:55 - Pilates			
19:00-19:55 - Les Mills Body Combat	18:45-19:40 - Easy Flow Yoga	18:00-18:45 - Power Yoga				
		19:00-19:55 - Les Mills Body Combat				

BITTERNE LEISURE CENTRE POOL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:00-19:45 - Aqua Natal	09:15-10:00 - Aqua Fit	19:00-19:45 - Aqua Fit	09:15-10:00 - Aqua Fit	09:15-10:00 - Aqua Fit		
20:00-20:45 - Aqua Fit	11:30-12:15 - Good Boost		11:30-12:15 - Good Boost			