

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
6:30 - 9:00 Adult Lane Swimming	6:30 - 9:00 Adult Lane Swimming	6:30 - 9:00 Adult Lane Swimming	6:30 - 9:00 Adult Lane Swimming	6:30 - 9:00 Adult Lane Swimming	10:45 - 14:45 Public Swim	8:30 - 10:25 12+ Lane Swim
10:00 - 11:00 Open Swim Adult	10:15 - 12:30 Adult Lane Swimming	10:00 - 11:00 Open Swim Adult	10:15 - 12:30 Adult Lane Swimming	10:00 - 11:00 Open Swim Adult	13:00 - 14:45 Flume	10:30 - 15:00 Public Swim
11:05 - 12:30 Adult Lane Swimming	15:00 - 16:00 Public Swimming	11:05 - 12:30 Adult Lane Swimming	19:15 - 21:15 12+ Lane Swimming	11:05 - 12:30 Adult Lane Swimming		13:00 - 15:00 Flume
15:00 - 16:00 Public Swimming	19:15 - 21:15 12+ Lane Swimming	15:00 - 16:00 Public Swimming		15:00 - 17:55 12+ Lane Swimming		
		20:00 - 21:15 12+ Lane Swimming		18:00 - 20:00 Public Swimming		



BITTERNE LEISURE CENTRE LEARNER POOL TIMETABLE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-12:30 Parent and Child	11:00-12:30 Parent and Child	11:00-12:30 Parent and Child	11:00-12:30 Parent and Child	11:00-12:30 Parent and Child	12:45-14:45 Public Swim	12:45-15:00 Public Swimming