

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	09:00 - 09:55 - 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	10:00 - 10:55 - Tai Chi	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	10:05 - 10:50 - Les Mills Body Pump	12:30-13:15 - Fit Forever	11:30-12:15 - Les Mills Body Balance		
18:00-18:55 - Les Mills Body Pump	17:30 - 18:15 - Les Mills Body Jam	11:30-12:25 - Nice and Easy	17:00-17:55 - Yoga	17:55-18:50 - Yoga		
18:10-18:55 - Dance Fitness	18:25 - 19:10 - Les Mills Body Attack	14:15 - 15:00 - Pilates	18:00 - 18:55 - Pilates			
19:00-19:55 - Les Mills Body Combat	18:45 - 19:30 - Zumba	17:00 - 17:55 - Yoga	19:00 - 19:30 - Body Conditioning			
19:00 - 19:55 - 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 - 13:00 Public Swim	08:30 - 10:30 - Lane Swim 12 Years +
09:15 - 10:00 - Aqua Fit	09:15 - 10:00 - Aqua Fit	09:30 - 10:15 - Aqua Fit	09:15 - 10:00 - Aqua Fit	09:15 - 10:00 - Aqua Fit	13:00 - 15:00 - Public Swim with Flume	10:30 - 13:00 Public Swim
10:10 - 11:05 - Open Swim Adults	10:10 - 12:30 - Adult Lane Swim	10:10 - 11:05 - Open Swim Adults	10:10 - 12:30 - Adult Lane Swim	10:10 - 11:05 - Open Swim Adults		13:00 - 15:00 Public Swim with Flume
11:05 - 12:30 - Adult Lane Swim	11:30 - 12:15 - Good Boost	11:05 - 12:30 - Adult Lane Swim	11:30 - 12:15 - Good Boost	11:05 - 12:30 - Adult Lane Swim		
15:00 - 16:00 - Public Swim	15:00 - 16:00 - Public Swim	15:00 - 16:00 - Public Swim	15:00 - 16:00 - Public Swim	15:00 - 18:00 - Lane Swim 12 Years +		
19:00 - 19:45 - Aqua Natal	19:15 - 21:15 - Lane Swim 12 Years +	19:00 - 19:45 - Aqua Fit		18:00 - 20:00 - Public Swim		
20:00 - 20:45 - Aqua Fit		20:00 - 21:15 - Lane Swim 12 Years +				



BITTERNE LEISURE CENTRE LEARNER POOL TIMETABLE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-12:30 Parent & Child (Under 5) Swim	11:00-12:30 Parent & Child (Under 5) Swim	11:00-12:30 Parent & Child (Under 5) Swim	11:00-12:30 Parent & Child (Under 5) Swim	11:00-12:30 Parent & Child (Under 5) Swim	12:45-14:45 Public Swim	12:45-14:45 Public Swim