

Exercise Classes Timetable

Havant Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Trip (Virtual) 6:45 - 7:25am Cycle Studio	Sprint (Virtual) 7 - 7:30am Cycle Studio	Cycle 6:45 - 7:30am Cycle Studio	RPM (Virtual) 7 - 7:30am Cycle Studio	Sprint (Virtual) 6:45 - 7:15am Cycle Studio	Sprint (Virtual) 8 - 8:30am Cycle Studio	Sprint (Virtual) 8 - 8:30am Cycle Studio
Body Pump 9:15 - 10:15am Studio 1	The Trip (Virtual) 8 - 8:40am Cycle Studio	Sprint (Virtual) 8 - 8:30am Cycle Studio	Pilates 9 - 10am Studio 2	RPM (Virtual) 7:45 - 8:15am Cycle Studio	Fitness Yoga 8:30 - 9:15am Studio 2	Cycle 9 - 9:45am Cycle Studio
Pilates 9:15 - 10:15am Studio 2	Pilates 9 - 10am Studio 2	Body Pump 9:15 - 10:15am Studio 1	RPM 9:30 - 10:15am Cycle Studio	Body Combat 9:30 - 10:30am Studio 1	RPM 9 - 9:45am Cycle Studio	LBT 9 - 10am Studio 1
RPM 9:30 - 10:15am Cycle Studio	Body Combat 9 - 10am Studio 1	Body Balance 9:30 - 10:15am Studio 2	Body Attack 9:45 - 10:15am Studio 1	Aqua 9:30 - 10:15am Main Pool	Body Combat 9:30 - 10:30am Studio 1	RPM (Virtual) 10:30 - 11:15am Cycle Studio
Yoga Flow 10:15 - 11:30am Studio 2	Waterworks 9:30 - 10:15am Main Pool	The Trip (Virtual) 9:30 - 10:10am Cycle Studio	Body Pump 10:20 - 11:20am Studio 1	RPM 9:30 - 10:15am Cycle Studio	Body Balance 9:50 - 10:50am Studio 2	The Trip (Virtual) 4:15 - 4:55pm Cycle Studio
Sprint (Virtual) 12:15 - 12:45pm Cycle Studio	RPM (Virtual) 9:30 - 10:15am Cycle Studio	Pilates 11:30 - 11:30am Studio 2	Yoga Flow 10:15 - 11:15am Studio 2	Body Balance 9:45 - 10:45am Studio 2	Body Pump 10:40 - 11:40am Studio 1	RPM (Virtual) 5:30 - 6:15pm Cycle Studio
RPM (Virtual) 1:30 - 2pm Cycle Studio	Abs Blast 10 - 10:30am Studio 2	Over 50's 11:30 - 12:15pm Studio 2	Intro To Classes 11:30 - 12:15pm Studio 1	Yoga Flow 10:45 - 11:30am Studio 2	The Trip (Virtual) 10:45 - 11:25pm Cycle Studio	Sprint (Virtual) 6:30 - 7pm Cycle Studio
RPM (Virtual) 5 - 5:45pm Cycle Studio	Dance Cardio 10:10 - 11:55am Studio 1	The Trip (Virtual) 12:15 - 12:55pm Cycle Studio	The Trip (Virtual) 12:15 - 12:55pm Cycle Studio	Dance Cardio 11 - 11:45am Studio 2	Sprint (Virtual) 4:15 - 4:45pm Cycle Studio	
Body Attack 5:45 - 6:30pm Studio 1	Sprint (Virtual) 12:15 - 12:45pm Cycle Studio	RPM (Virtual) 1:35 - 2pm Cycle Studio	RPM (Virtual) 1:30 - 2:15pm Cycle Studio	Sprint (Virtual) 12:15 - 12:45pm Cycle Studio	Zumba 4:30 - 5:15pm Studio 1	
Pilates 5:45 - 6:45pm Studio 2	RPM (Virtual) 1:30 - 2:15pm Cycle Studio	Sprint (Virtual) 5 - 5:30pm Cycle Studio	RPM (Virtual) 5:30 - 6:15pm Cycle Studio	RPM (Virtual) 1:30 - 2:30pm Cycle Studio	RPM (Virtual) 5:30 - 6:15pm Cycle Studio	
RPM 6:30 - 7:15pm Cycle Studio	The Trip (Virtual) 5 - 5:40pm Cycle Studio	Pilates 6 - 7pm Studio 2	Body Balance 6 - 6:45pm Studio 2	RPM 6:05 - 6:50pm Cycle Studio		
Body Pump 6:40 - 7:40pm Studio 1	Zumba 5:45 - 6:30pm Studio 1	Combat 6 - 7pm Studio 1	Body Pump 6 - 7pm Studio 1	Body Balance 6 - 7pm Studio 2		
My Kind of Yoga 6:50 - 7:50pm Studio 2	Sprint (Virtual) 6 - 6:30pm Cycle Studio	RPM 6:30 - 7:15pm Cycle Studio	Cycle 6:30 - 7:15pm Cycle Studio	Body Pump 6:30 - 7:15pm Studio 1		
Body Combat 7:45 - 8:30pm Studio 1	Pilates 6 - 7pm Studio 2	Body Balance 7 - 8pm Studio 2	Hatha Yoga 6:45 - 7:50pm Studio 2	The Trip (Virtual) 7 - 7:40pm Cycle Studio		
The Trip (Virtual) 7:45 - 8:25pm Cycle Studio	Boxercise 6:40 - 7:40pm Studio 1	Body Pump 7:05 - 8:05pm Studio 1	Body Attack 7:05 - 7:50pm Studio 1			
	Abs Blast 7 - 7:30pm Studio 2	Sprint (Virtual) 7:30 - 8pm Cycle Studio	Circuit Training 7:10 - 8:10pm Studio 1			
	Cycle 7:10 - 7:55pm Cycle Studio		Sprint (Virtual) 7:45 - 8:15pm Cycle Studio			
			Pilates 7:45 - 8:05pm Studio 2			

Gym Floor Classes

Ask about our HIIT and Low Impact Classes taking place weekly on the gym floor!


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Exercise Classes Timetable

Waterlooville Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga 9 - 10am Studio 2	Pilates 9 - 10am Studio 2	Les Mills Grit 9:15 - 9:45am Studio 1	Body Tone 9:15 - 10:15am Studio 1	Pilates 9 - 10am Studio 2	Body Balance 9 - 10am Studio 2	Body Pump 8:30 - 9:30am Studio 1
Body Pump 9:15 - 10:15am Studio 1	Body Pump 9:15 - 10am Studio 1	Pilates 9:15 - 10:15am Studio 2	My Kind of Yoga 9:30 - 10:45am Studio 2	Aqua 9:15 - 10am Main Pool	Body Pump 9:30 - 10:30am Studio 1	Hatha Yoga 9:10 - 10:10am Studio 2
Waterworks 9:30 - 10:15am Main Pool	This Girl Can 10 - 10:45am Studio 2	Aqua 9:30 - 10:15am Main Pool	Les Mills Grit 10:55 - 11:25am Studio 1	Pilates 10:10 - 11:10am Studio 2	Yoga Flow 10 - 11:15am Studio 2	Les Mills Grit 9:40 - 10:10am Studio 1
Pilates 10 - 10:45am Studio 2	Zumba 10:10 - 10:55am Studio 1	Body Combat 9:50 - 10:50am Studio 1	Body Balance 10:45 - 11:45am Studio 2	Body Conditioning 10:45 - 11:45am Studio 1		Body Balance 10:15 - 11:15am Studio 2
Body Combat 10:30 - 11:30am Studio 1	Body Balance 11 - 12am Studio 2	Yoga Flow 10:35 - 11:50 am Studio 2	Zumba 10:05 - 10:50am Studio 1	Body Pump 12:30 - 1:15pm Studio 1		Body Combat 10:15 - 11:15am Studio 1
Body Balance 10:45 - 11:45am Studio 2	LBT 11 - 11:45am Studio 1	Body Balance 12:15 - 1pm Studio 2	This Girl Can 12:15 - 1pm Studio 2	Les Mills Grit 5:30 - 6pm Studio 1		
Body Tone 5:45 - 6:45pm Studio 1	Pilates 12:05 - 1:05pm Studio 2	Wellbeing Workout 2 - 3pm Studio 2	Body Combat 6:30 - 7:15pm Studio 1	Hatha Yoga 5:30 - 6:45pm Studio 2		
Pre/Post Natal 5:45 - 6:45pm Studio 2	Les Mills Grit 5:45 - 6:15pm Studio 1	Body Pump 5:30 - 6:15pm Studio 1	Pilates 6:45 - 7:30pm Studio 2	Body Pump 6:05 - 6:50pm Studio 1		
Hatha Yoga 6:50 - 7:50pm Studio 2	Fitness Yoga 5:50 - 6:50pm Studio 2	This Girl Can 6 - 6:45pm Studio 2	Pilates 7:30 - 8:15pm Studio 2			
Body Pump 6:55 - 7:40pm Studio 1	Body Combat 6:15 - 7pm Studio 1	Body Combat 6:25 - 7:25pm Studio 2	Aqua 7 - 7:45pm Main Pool			
Body Combat 7:45 - 8:30pm Studio 1	Pilates 6:50 - 7:50pm Studio 2	Body Balance 6:50 - 7:50pm Studio 2	Body Pump 7:30 - 8:30pm Studio 1			
Body Balance 8 - 9pm Studio 2	PoundFit 7 - 7:45pm Studio 1	Boxercise 7:20 - 8:20pm Studio 1				
	Waterworks 7:05 - 7:50pm Main Pool					
	Pilates 7:50 - 8:50pm Studio 2					
	Body Pump 7:55 - 8:55pm Studio 1					

 This class is for people with long-term health conditions

Gym Floor Classes

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