

BRECKLAND

LEISURE CENTRE

AND WATERWORLD

AUTUMN FITNESS CLASS TIMETABLE 2026

MONDAY

Aqua Aerobics	09:00 - 10:00
Pilates	09:25 - 10:25
Cycle - Fitness	09:30 - 10:20
Aerobics	10:30 - 11:30
Steady Steps	11:30 - 12:30
Aqua Fit	18:00 - 18:55
Circuits	18:00 - 19:00
Cycle - Fitness	19:00 - 19:50
Body Pump	20:00 - 21:00

TUESDAY

Aqua Aerobics	09:00 - 10:00
Yoga	09:25 - 10:25
Cycle - Fitness	09:30 - 10:20
Stretch Class	10:30 - 11:15
Zumba Gold	11:30 - 12:30
Chair Pilates	12:45 - 13:30
Circuits	17:00 - 17:45
Zumba Toning	18:00 - 19:00
Body Balance	19:10 - 20:00
Indoor Cycling - Coach by Colour	19:00 - 19:50
Aqua Fit	20:00 - 21:00
Body Pump Heavy	20:10 - 21:10

WEDNESDAY

Aqua Aerobics	09:00 - 10:00
Circuits	09:15 - 10:15
50+ Aerobics	10:30 - 11:30
Cycle - Fitness	10:35 - 11:25
Zumba Toning	11:30 - 12:30
STH Circuits	14:00 - 14:45
Cycle - Fitness	18:00 - 18:50
20-20-20	18:00 - 19:00
Boxercise	19:10 - 20:10
Step Aerobics	19:00 - 19:45

THURSDAY

Body Pump	09:30 - 10:30
Cycle - Fitness	10:35 - 11:25
Zumba Gold	10:40 - 11:30
Zumba Gold Chair	11:30 - 12:30
Circuits	18:00 - 19:00
Zumba	18:00 - 19:00
Body Pump	19:05 - 20:05
PiYo	20:15 - 21:00

FRIDAY

Good Boost Aqua & Bump Boost	09:00 - 09:30
Cycle - Fitness	09:30 - 10:20
50+ Aerobics	09:35 - 10:35
20-20-20	10:40 - 11:40
Cardiac Rehab	14:15 - 15:45
Yoga	18:00 - 19:00

SATURDAY

Circuits	09:00 - 10:00
Cycle - Fitness	09:15 - 10:05
Body Pump	10:30 - 11:30

SUNDAY

Cycle - Fitness	08:30 - 09:20
Step Aerobics	09:30 - 10:30
Zumba	10:30 - 11:30

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leisure centre app

LeisureCentre.com