

BRECKLAND

LEISURE CENTRE

AND WATERWORLD

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
Aqua Fit	18:00 - 18:55
Circuits	18:00 - 19:00
GoodBoost Aqua	19:00 - 19:30
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
Zumba Toning	17:10 - 18:00
Body Combat	18:00 - 19:00
Pilates	19:10 - 20:00
Indoor Cycling - Coach by Colour	19:00 - 19:50
Aqua Fit	20:00 - 21:00

WEDNESDAY

Aqua Aerobics	09:00 - 10:00
Body Combat	09:25 - 10:25
50+ Aerobics	10:30 - 11:30
Cycle - Fitness	10:35 - 11:25
Zumba Toning	11:30 - 12:30
STH Circuits	13:00 - 13:45
Cycle - Fitness	18:00 - 18:50
20-20-20	18:00 - 19:00
Boxercise	19:10 - 20:10
Step Aerobics	19:05 - 19:50

THURSDAY

Body Pump	09:30 - 10:30
Cycle - Fitness	10:35 - 11:25
Zumba Gold	10:40 - 11:30
Steady Steps	11:30 - 12:30
Circuits	18:00 - 19:00
Zumba	18:00 - 19:00
Cycle - Rhythm	18:00 - 18:50
Body Pump	19:05 - 20:05
PiYo	20:15 - 21:00

FRIDAY

Good Boost Aqua & Bump Boost	09:00 - 09:30
Cycle - Rhythm	09:30 - 10:20
50+ Aerobics	09:35 - 10:35
20-20-20	10:40 - 11:40
Yoga	18:00 - 19:00
Cycle - Rhythm	18:15 - 19:00

SATURDAY

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

Sunday

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

Book now on the
leisure centre app

LeisureCentre.com