






















Peacehaven Leisure Centre Group Exercise Timetable 2020

Monday		
Time	Focus	Class
Morning Sessions		
09:30 - 10:30		Power Circuits
10:45 - 11:45		Fitness Pilates ●
Afternoon Sessions		
12:00 - 13:00		Strength & Balance
14:00 - 15:00		Health Walk
15:45 - 16:30		T-45 Class*
Evening Sessions		
18:00 - 18:30		HIIT
18:30 - 19:30		Step
18:45 - 19:30		Kettlercise®
19:45 - 20:30		Group Cycle +

Tuesday		
Time	Focus	Class
Morning Sessions		
06:10 - 06:55		BodyPump™
09:30 - 10:30		Zumba +
10:00 - 11:00		Senior's Exercise Class
Evening Sessions		
17:00 - 18:00		Yoga
17:30 - 19:00		Walking Football
18:30 - 19:30		Body Conditioning
19:45 - 20:30		Group Cycle +

Wednesday		
Time	Focus	Class
Morning Sessions		
06:10 - 06:55		Body Attack™ +
09:30 - 10:30		Boxercise ●
10:45 - 11:45		Fitness Pilates ●
Afternoon Sessions		
15:45 - 16:30		T-45 Gym*
Evening Sessions		
17:45 - 18:30		Group Cycle +
18:40 - 19:25		Body Pump™
19:30 - 20:15		Clubbercise® +
19:45 - 20:45		Body Balance™

Thursday		
Time	Focus	Class
Morning Sessions		
06:10 - 06:55		Fitness Pilates
10:30 - 11:30		Senior's Gym Class ●
Evening Sessions		
18:30 - 19:15*		Group Cycle +
<small>* (1st Thursday of every month 18:15 - 19:00)</small>		
18:35 - 19:20		Kettlercise®
19:30 - 20:30		Zumba +
19:30 - 20:30		Pilates

For full class descriptions visit www.waveleisure.co.uk

● Supervised under 8's session available.






+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.




* Classes for 11-16 year olds.


Please note the class session includes any time taken to set-up and take-down equipment necessary for the activity.

If you cannot attend a class, please cancel online or by telephone 2 hours prior to the class commencing.

Peacehaven Leisure Centre Group Exercise Timetable 2020

Friday		
Time	Focus	Class
Morning Sessions		
09:30 - 10:30		Armageddon ● +
09:30 - 10:30		Senior's Exercise Class ●
10:45 - 11:45		Hatha Yoga ●
Evening Sessions		
17:30 - 18:30		Pilates
18:45 - 19:30		Body Attack™ +

Saturday		
Time	Focus	Class
Morning Sessions		
08:15 - 09:00		Kettlebells
09:15 - 10:15		Step
10:30 - 11:15		Group Cycle +

Sunday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:15		Group Cycle +
09:30 - 10:30		Body Pump™
10:35 - 11:35		Body Balance™

Focus Symbol



Cardio



Speciality



Dance



Strength & Core



HIIT
(High Intensity Interval Training)



Water Based



Holistic

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