

# Downs Leisure Centre & Seaford Head Pool Group Exercise Timetable 2020

Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Body Pump™
09:30 - 10:30		Body Conditioning
10:00 - 11:00		Senior's Exercise Class
10:30 - 11:00		Core Blast
11:15 - 12:45		Yoga
12:00 - 13:30		Walking Football
Afternoon Sessions		
12:30 - 13:30		Parent & Baby Yoga
14:00 - 15:00		Chair-Based Exercise
Evening Sessions		
17:00 - 18:00		Yoga
18:00 - 18:30		CXWorx™
18:00 - 19:00		X5 Interval Training
18:30 - 19:30		Pilates
19:00 - 20:00		Aqua Aerobics +

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
08:00 - 08:45		Group Cycle +
09:30 - 10:30		Pilates ●
10:00 - 11:30		Yoga
10.35 - 11.35		Body Pump™
Afternoon Sessions		
13:45 - 14:45		MoveMore
Evening Sessions		
18:00 - 18:30		HIIT
18:30 - 19:30		Body Conditioning
18:30 - 19:30		Yoga
18:30 - 19:30		Power Circuits
19:30 - 20:30		Tap Dancing +
19:45 - 20:30		Group Cycle +

Wednesday		
Time	Focus	Class
Morning Sessions		
09:00 - 10:30		Yoga
09:30 - 10:30		Body Combat™ ● +
10:00 - 12:00		Walking Football
10:30 - 11:30		Senior's Exercise Class
12:30 - 13:15		Group Cycle +
Afternoon Sessions		
13:30 - 14:30		Strength & Balance
Evening Sessions		
18:10 - 18:55		Body Pump™
19:00 - 19:45		Body Combat™ +
19:30 - 21:00		Adult Badminton

Thursday		
Time	Focus	Class
Morning Sessions		
06:15 - 7:00		Group Cycle +
08:00 - 08:45		Group Cycle +
09:30 - 10:30		Body Conditioning ●
10:00 - 11:00		Health Walk
10:30 - 11:30		Vinyasa Yoga ●
11:30 - 12:30		Seniors Tai Chi
Afternoon Sessions		
13:30 - 14:30		Strength & Balance
15:45 - 16:30		T-45 Gym*
Evening Sessions		
18:00 - 18:30		CXWorx™
18:00 - 19:00		Yoga
18:30 - 19:30		Body Combat™ +
19:00 - 20:00		Yoga
19:45 - 20:30		Group Cycle +

For full class descriptions visit [www.waveleisure.co.uk](http://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.*

# Downs Leisure Centre & Seaford Head Pool Group Exercise Timetable 2020

Friday		
Time	Focus	Class
Morning Sessions		
06:30 - 07:15		Kettlebells
09:30 - 10:30		Body Conditioning
09:30 - 10:45		Tai Chi
10:00 - 11:00		Senior's Gym Class
10:00 - 12:00		Senior's Badminton
10:30 - 11:30		Body Combat™ +
Afternoon Sessions		
16:00 - 16:45		T-45 Class*
Evening Sessions		
17:00 - 17:45		Group Cycle +
18:00 - 19:00		Body Pump™

Saturday		
Time	Focus	Class
Morning Sessions		
08:10 - 08:40		HIIT
09:00 - 10:00		Body Pump™ ●
10:05 - 10:35		Core Blast ● +

Sunday		
Time	Focus	Class
Morning Sessions		
09:00 - 09:45		Group Cycle +
10:00 - 10:45		Kettlebells
11:00 - 12:00		Yoga
12:15 - 13:15		Qijong
Afternoon Sessions		
14:30 - 15:15		T-45 Gym*

## Focus Symbol



Cardio



Speciality



Dance



Strength & Core



HIIT  
(High Intensity Interval Training)



Water Based



Holistic

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