















Lewes Leisure Centre Group Exercise Timetable 2020

Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		X5 Interval Training
09:30 - 10:30		Body Conditioning
Evening Sessions		
18:00 - 19:00		Power Circuits
19:00 - 19:45		Core Blast
19:45 - 20:30		Body Combat™ +
20:00 - 21:00		Zumba +

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
09:00 - 10:00		Senior's Exercise Class
10:00 - 11:00		Health Walk
Afternoon Sessions		
13:00 - 14:00		Strength & Balance
15:45 - 16:30		T-45 Gym*
15:45 - 16:30		T-45 Class*
Evening Sessions		
18:00 - 18:30		HIIT
18:30 - 19:00		Core Blast
19:00 - 20:00		Aqua Aerobics +
19:10 - 20:10		Body Pump™

Wednesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
10:00 - 11:00		Senior's Exercise Class
12:00 - 12:45		Body Pump™
Afternoon Sessions		
13:00 - 13:45		Body Conditioning
Evening Sessions		
18:00 - 19:00		Pilates
19:00 - 20:00		Aqua Aerobics +
19:15 - 20:00		Group Cycle +
19:15 - 20:00		Body Combat™ +

Thursday		
Time	Focus	Class
Morning Sessions		
08:15 - 09:15		Senior's Exercise Class
09:30 - 10:15		Group Cycle +
10:30 - 11:30		Fitness Pilates
Evening Sessions		
18:00 - 19:00		Yoga
19:00 - 20:00		Body Conditioning
20:00 - 20:45		Group Cycle +

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


+ 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.

Lewes Leisure Centre Group Exercise Timetable 2020

Friday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Body Pump™
10:30 - 11:30		Aqua Aerobics + (ladies only)
12:30 - 14:00		Yoga
Evening Sessions		
17:00 - 18:00		Pilates
17:30 - 19:00		Walking Football
18:00 - 19:00		Body Pump™
18:00 - 19:00		Zumba +

Saturday		
Time	Focus	Class
Morning Sessions		
08:05 - 08:50		Group Cycle +
09:00 - 09:45		Group Cycle +
10:00 - 11:00		Fitness Pilates

Sunday		
Time	Focus	Class
Morning Sessions		
09:00 - 09:45		Group Cycle +
10:00 - 11:00		Body Pump™
12:00 - 12:45		T-45 Gym*

Focus Symbol



Cardio



Speciality



Dance



Strength & Core



HIIT
(High Intensity Interval Training)



Water Based



Holistic

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