










Lewes Leisure Centre Group Exercise Timetable 2020






Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		X5 Circuits
09:45 - 10:30		Body Conditioning
Evening Sessions		
17:45 - 18:30		Power Circuits
18:45 - 19:30		Group Cycle +
19:15 - 20:00		Zumba +

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
Evening Sessions		
18:30 - 19:15		HIIT & Core
18:45 - 19:30		Group Cycle +
19:00 - 20:00		Yoga

Wednesday		
Time	Focus	Class
Morning Sessions		
07:00 - 07:45		Group Cycle +
Afternoon Sessions		
13:00 - 13:45		Body Pump™
Evening Sessions		
18:30 - 19:15		Group Cycle +
19:00 - 19:45		Body Combat™ +

Thursday		
Time	Focus	Class
Morning Sessions		
09:15 - 10:00		Group Cycle +
11:15 - 12:15		Fitness Pilates
Evening Sessions		
18:30 - 19:15		Yoga
18:45 - 19:30		Body Conditioning
20:00 - 20:30		Cycle HIIT





Focus Symbol



 Cardio	 Holistic
 Dance	 Strength & Core
 HIIT (High Intensity Interval Training)	





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.
If you cannot attend a class, please cancel online or by telephone a minimum of 60 minutes prior to the class commencing.

Lewes Leisure Centre Group Exercise Timetable 2020

Friday		
Time	Focus	Class
Morning Sessions		
06:45 - 07:30	 	Body Pump™
Evening Sessions		
17:45 - 18:30		Zumba +
18:30 - 19:15	 	Body Pump™

Saturday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:15		Group Cycle +
10:15 - 11:00		Group Cycle +
10:45 - 11:30	 	Fitness Pilates

Sunday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:15		Group Cycle +
10:00 - 10:45		Group Cycle +
10:30 - 11:15	 	HIIT & Core

Focus Symbol	
	Cardio
	Dance
	HIIT (High Intensity Interval Training)
	Holistic
	Strength & Core

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