
























Peacehaven Leisure Centre Group Exercise Timetable 2020






| Monday | | |
|------------------|---|-----------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 09:30 - 10:15 |  | Fitness Pilates |
| 11:15 - 11:45 |  | Cycle HIIT |
| Evening Sessions | | |
| 18:00 - 18:45 |  | Kettlebells |
| 19:00 - 19:45 |  | Group Cycle + |
| 20:00 - 20:45 |  | Body Balance™ |

| Tuesday | | |
|------------------|---|-------------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 06:15 - 07:00 |  | Body Pump™ |
| 09:15 - 10:00 |  | Group Cycle + |
| 11:45 - 12:30 |  | Zumba + |
| Evening Sessions | | |
| 17:00 - 17:45 |  | Yoga |
| 18:15 - 19:00 |  | Group Cycle + |
| 20:00 - 20:45 |  | Body Conditioning |

| Wednesday | | |
|------------------|---|---------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 06:45 - 07:15 |  | Cycle HIIT |
| 09:15 - 10:00 |  | HIIT & Core |
| 10:45 - 11:30 |  | Pilates |
| Evening Sessions | | |
| 18:00 - 18:45 |  | Group Cycle + |
| 18:15 - 19:00 |  | Body Pump™ |
| 19:45 - 20:30 |  | Body Balance™ |

| Thursday | | |
|------------------|---|---------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 06:45 - 07:30 |  | Body Pump™ |
| 07:45 - 08:15 |  | Cycle HIIT |
| 09:30 - 10:15 |  | Body Pump™ |
| Evening Sessions | | |
| 17:45 - 18:30 |  | Group Cycle + |
| 19:00 - 19:45 |  | Pilates |
| 20:00 - 20:45 |  | Zumba + |



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.

Peacehaven Leisure Centre Group Exercise Timetable 2020

| Friday | | |
|------------------|---|---------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 06:15 - 07:00 |  | Group Cycle + |
| 09:15 - 10:00 |  | HIIT & Core |
| 10:45 - 11:30 |  | Yoga |
| Evening Sessions | | |
| 17:30 - 18:15 |  | Pilates |
| 18:45 - 19:30 |  | Group Cycle + |

| Saturday | | |
|------------------|---|---------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 08:30 - 09:15 |  | Kettlebells |
| 10:15 - 10:45 |  | HIIT & Core |
| 11:05 - 11:50 |  | Group Cycle + |

| Sunday | | |
|------------------|---|---------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 08:15 - 09:00 |  | Group Cycle + |
| 10:00 - 10:45 |  | Body Pump™ |
| 12:30 - 13:15 |  | Body Balance™ |

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

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