

Downs Leisure Centre Group Exercise Timetable 2020

Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Body Pump™
07:15 - 07:45		Cycle HIIT
09:15 - 10:00		Body Conditioning (power)
10:45 - 11:30		Kettlebells
Afternoon Sessions		
12:30 - 13:30		Yoga
Evening Sessions		
17:00 - 18:00		Yoga
18:30 - 19:15		Military Fit Bootcamp
18:45 - 19:30		Pilates
19:15 - 20:00		Zumba +
19:45 - 20:15		Cycle HIIT

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
08:00 - 08:30		Cycle HIIT
08:45 - 09:30		Pilates
10:00 - 10:45		Body Pump™
11:15 - 12:15		Yoga
Evening Sessions		
17:45 - 18:15		HIIT
18:15 - 19:15		Yoga
19:15 - 20:00		Power Circuits
19:45 - 20:30		Group Cycle +

Wednesday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:00		Cycle HIIT
09:15 - 10:00		Body Combat™ +
09:30 - 10:30		Yoga
Afternoon Sessions		
12:30 - 13:15		Group Cycle +
Evening Sessions		
17:45 - 18:15		Body Pump™
18:15 - 19:00		RunFit
18:30 - 19:00		Cycle HIIT
18:45 - 19:30		Pilates
20:00 - 20:45		Body Combat™ +

Thursday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		Group Cycle +
08:00 - 08:30		Cycle HIIT
09:15 - 10:00		Body Conditioning
10:00 - 11:00		Yoga
11:45 - 12:45		Tai Chi
Evening Sessions		
17:45 - 18:30		Yoga
18:30 - 19:15		Body Combat™ +
19:00 - 19:30		Cycle HIIT
19:15 - 20:00		Yoga
20:00 - 20:30		CX Worx™

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.






Downs Leisure Centre Group Exercise Timetable 2020

Friday		
Time	Focus	Class
Morning Sessions		
06:30 - 07:15		Kettlebells
09:30 - 10:15		Pilates
10:45 - 11:30		Body Combat™ +
Evening Sessions		
17:15 - 18:00		Group Cycle +
18:15 - 19:00		Body Pump™

Saturday		
Time	Focus	Class
Morning Sessions		
08:15 - 08:45		Grit Strength™
09:00 - 09:45		Body Pump™
10:00 - 10:45		Fitness Pilates

Sunday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:00		Grit Cardio™
09:00 - 09:45		Kettlebells
09:15 - 10:00		Group Cycle +
10:15 - 11:15		Yoga

Focus Symbol

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

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