

















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		
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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