
















Lewes Leisure Centre Group Exercise Timetable 2020

| Monday | | |
|------------------|---|-------------------|
| Time | Focus | Class |
| Morning Sessions | | |
| 06:15 - 07:00 |  | Kettlebells |
| 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 |
| 19:30 - 20:15 |  | AquaFit |

| 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 |
| 19:30 - 20:15 |  | Kettlebells |





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





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™ |
| 10:30 - 11:15 |  | AquaFit |
| 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 + |
| 09:45 - 10:30 |  | 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 |
|  | Water Based |

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