



**wave**  
Live life

# Lewes Leisure Centre

## Outdoor Group Exercise Timetable

Starting Monday 12<sup>th</sup> April 2021



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Live life

Friday			
Time	Focus	Class	Instructor
<b>Evening Session</b>			
18:15-19:00	Dance	Zumba +	Gemma

Saturday			
Time	Focus	Class	Instructor
<b>Afternoon Sessions</b>			
13:00-13:45	Holistic & Cardio	Fitness Pilates	Tabitha
14:00-14:45	Strength & Cardio	Power Circuits	Tabitha

Sunday			
Time	Focus	Class	Instructor
<b>Morning Sessions</b>			
08:45-09:30	Cardio	Cardio Club +	Zbynek
10:00-10:45	Strength & Core	Kettlebells	Zbynek
<b>Afternoon Sessions</b>			
15:00-15:45	Dance	Zumba +	Helen

For full class descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

Please note the class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 2 hours prior to the class commencing.

Please dress accordingly for outdoor exercise and ensure you have read our outdoor exercise weather policy – see [www.waveleisure.co.uk](http://www.waveleisure.co.uk) for more information