



wave
Live life

Downs Leisure Centre Outdoor Group Exercise Timetable

Starting Monday 12th April 2021



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Monday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30-10:15	Strength & Cardio	Body Con	Tozzie
10:30-11:15	Older Adults	Active Age	Claire
Evening Sessions			
18:15-19:00	Strength & Cardio	Body Bootcamp+	Karin

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:15-10:00	Cardio	Cardio Club+	Tabitha
Evening Sessions			
18:15-19:00	Strength, Cardio & Core	Power Circuits	Kerry

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:15-10:00	Cardio	BodyCombat +	Tozzie
10:15-11:00	Strength & Core	LM Core	Luke
Evening Sessions			
18:15-19:00	Strength & Cardio	Kettlebells	Tabitha

Thursday			
Time	Focus	Class	Instructor
Morning Sessions			
09:15-10:00	Strength & Cardio	Body Tone	Roz
11:30-12:15	Holistic	Tai Chi	Rob
Evening Sessions			
18:15-19:00	Cardio	BodyCombat +	Vicki

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30-10:15	Holistic	Fitness Pilates	Jennie

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00-09:45	Strength & cardio	Functional Fit	Vicki
10:15-10:45	HIIT	Grit Strength	Karin

Sunday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00-09:45	Strength	Kettlebells	Vicki
10:15 - 11:00	Cardio	Cardio Club +	Karin

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.

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 for more information.