































# Down Leisure Centre Group Exercise Timetable

Starting Monday 17<sup>th</sup> May 2021

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 7:00		BodyPump	Karin
07:15 - 07:45		Cycle HIIT	Sarah Jane
09:15 - 10:00	 	Power Conditioning	Kerry
10:15 - 11:00	 	Kettlebells	Vicki
Afternoon Sessions			
12:30 - 13:30		Yoga	Kate
Evening Sessions			
17:00 - 18:00		Yoga	Therese
18.30 - 19:15	 	BodyBootcamp	Karin
18.45 - 19:30	 	Pilates	Zayna
19.45 - 20:30		Keiser Cycle +	Luke

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Group Cycle +	Luke
08:45 - 09:30		Pilates	Roz
10:00 - 10:45		BodyPump	Vicki
10:30 - 11.15		Active Age	Claire
11:30 - 12:30		Yoga	Therese
Evening Sessions			
17:45 - 18.15		HIIT	Kerry
18:15 - 19:15		Yoga	Therese
19:15 - 20:00	 	Power Circuits	Kerry/Luke
19:45 - 20:30		Group Cycle +	Sarah Jane

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
08.30 - 09:00		Group HIIT	Tozzie
09:15 - 10:00		BodyCombat +	Tozzie
09:30 - 10.30		Yoga	Alison
Afternoon Sessions			
12:30 - 13:15		Group Cycle +	Harry
Evening Sessions			
17:45 - 18:30		BodyPump	Kevin
18:40 - 19:10		Cycle HIIT	Kevin
18:45 - 19:30		Pilates	Gail
19:30 - 20:15		BodyCombat +	Vicki

### Focus Symbol

Cardio		Strength and Core	
Dance		Water Based	
Holistic		HIIT (High Intensity Interval Training)	













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.  
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 1 hour prior to the class commencing.

Please note timetable subject to change.






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Thursday			
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Morning Sessions			
06:15 - 07:00		Group Cycle +	Luke
08:00 - 08:30		Cycle HIIT	Tabitha
09:15 - 10:00	 	Body Conditioning	Roz
10:00 - 11:00		Yoga	Tabitha
11:45 - 12:45		Tai Chi	Rob
Evening Sessions			
17:45 - 18:30		Yoga	Kate
18:30 - 19:15		BodyCombat +	Vicki
19:00 - 19:30		Keiser Cycle Express +	Luke
19:15 - 20:00		Yoga	Debbie
19:45 - 20:30	 	Les Mills Core	Luke

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
06:30 - 07:15	 	Kettlebells	Vicki
09:30 - 10:15		Pilates	Roz
10.30 - 11.15		BodyCombat +	Tozzie
Evening Sessions			
17.15 - 18:00		Group Cycle +	Harry
18.15 - 19:00		BodyPump	Karin

Saturday			
Time	Focus	Class	Instructor
Morning Sessions Only			
08:15 - 08:45		Grit Strength	Karin
09:00 - 09:45		BodyPump	Karin
10:00 - 10:45	 	Functional Fit	Vicki
10:30 - 11:15		Pilates	Tabitha

Sunday			
Time	Focus	Class	Instructor
Morning Sessions Only			
08:30 - 09:00		Grit Cardio +	Karin
09:00 - 09:45	 	Kettlebells	Tabitha
09:15 - 10:00		Group Cycle +	Karin
10:30 - 11:30		Yoga	Minna

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