

# Lewes Leisure Centre Group Exercise Timetable

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

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Kettlebells	Zbynek
09:45 - 10:30		Body Conditioning	Tozzie
Evening Sessions			
17:45 - 18:30		Power Circuits	Yasmin
18:45 - 19:30		Group Cycle +	Yasmin
19:15 - 20:00		Zumba +	Gemma

Thursday			
Time	Focus	Class	Instructor
Morning Sessions			
09:15 - 10:00		Group Cycle +	Jennie
10:30 - 11:30		Fitness Pilates	Jennie
Evening Sessions			
18:30 - 19:15		Yoga	Yasmin
18:45 - 19:30		Body Conditioning	Tozzie
19:30 - 20:15		Kettlebells	Zbynek

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Group Cycle +	Tozzie
Evening Sessions			
18:30 - 19:15		HIIT & Core	James
18:45 - 19:30		Group Cycle +	Maria
19:00 - 20:00		Yoga	Debbie
19:30 - 20:15		Aqua Fit +	Gail

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
06:45 - 07:30		BodyPump	James
10:30 - 11:15		Aqua Fit +	Gail
Evening Sessions			
17:45 - 18:30		Zumba +	Gemma
18:30 - 19:15		BodyPump	Kevin

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
07:00 - 07:45		Group Cycle +	Tozzie
Evening Sessions			
18:30 - 19:15		Group Cycle +	Yasmin
19:00 - 19:45		BodyCombat +	Laura

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
08:30 - 09:15		Group Cycle +	Zbynek
09:45 - 10:30		Group Cycle +	Danielle
10:45 - 11:30		Fitness Pilates	Danielle

Sunday			
Time	Focus	Class	Instructor
Morning Sessions			
08:30 - 09:15		Group Cycle +	Danielle
10:00 - 10:45		Group Cycle +	Kevin

### 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 at least 1 hour prior to the class commencing.  
Please note timetable subject to change.