



# Seahaven Swim and Fitness Centre


## Group Exercise Timetable

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

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
11:15 - 12:00		Aqua Fit +	Gail

Friday			
Time	Focus	Class	Instructor
Afternoon Sessions			
12:30 - 13:15		Aqua Fit +	Gail

Focus Symbol

- |  |  |
|--|--|
| <p>Cardio </p> <p>Dance </p> <p>Holistic </p> | <p> Strength and Core</p> <p> Water Based</p> <p> HIIT<br/>(High Intensity Interval Training)</p> |
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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.