










Group Exercise Timetable




Bank Holiday Monday 31st May 2021

Downs Leisure Centre			
Time	Focus	Class	Instructor
8.30-9.15am		BodyPump	Karin
9.30-10.15am		Keiser Cycle	Luke
10.30-11.30am		Yoga	Kate

Peacehaven Leisure Centre			
Time	Focus	Class	Instructor
8.15-9am		Group Cycle	Maria
9.15-10am		BodyPump	Nuno
10.15-11am		BodyBalance	Chris

Seahaven Swim & Fitness Centre			
Time	Focus	Class	Instructor
11.15-12pm		Aqua Fit	Gail

Lewes Leisure Centre			
Time	Focus	Class	Instructor
8.30-9.15am		Group Cycle	Kevin
9.30-10.30am		BodyPump	Kevin

East Grinstead Sports Club			
Time	Focus	Class	Instructor
9-9.45am	 	BodyBlast	Gen
10-10.45am		Vibe Cycle	Sam

Focus Symbol

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

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.

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
East Grinstead Sports Club class only available for East Grinstead members .