



# Peacehaven Leisure Centre Group Exercise Timetable

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



Monday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30 - 10:15		Fitness Pilates	Jennie
10:30 - 11:00		Cycle HIIT +	Jennie
Evening Sessions			
18:00 - 18:45		Kettlebells	Vicki
19:00 - 19:45		Group Cycle +	Jennie
19:45 - 20:30		BodyBalance	Tozzie

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		BodyPump	Sarah Jane
09:15 - 10:00		Group Cycle +	Jennie
10:30 - 11:15		Active Age	Jennie
11:45 - 12:30		Zumba +	Nuno
Evening Sessions			
18:15 - 19:00		Yoga	Zayna
18:15 - 19:00		Group Cycle +	Tozzie
19:15 - 20:00		Body Conditioning	Danielle

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:15 - 10:00		HIIT & Core	Jennie
10:30 - 11:15		Pilates	Jennie
Evening Sessions			
18:00 - 18:45		Group Cycle +	Danielle
18:15 - 19:00		BodyPump	Karin
19:45 - 20:30		BodyBalance	Chris

### Focus Symbol

- Cardio
- Dance
- Holistic
- Strength and Core
- Water Based
- 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		BodyPump	Nuno
09:30 - 10:15		BodyPump	Vicki
Evening Sessions			
17:45 - 18:30		Group Cycle +	Kerry
19:00 - 19:45		Pilates	Zayna
20:00 - 20:45		Zumba +	Nuno

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Group Cycle +	Maria
09:00 - 09:45		HIIT & Core	Tozzie
10:45 - 11:30		Seated Fitness	Hannah
Evening Sessions			
17:45 - 18:30		Pilates	Danielle
18:45 - 19:30		Group Cycle +	Danielle

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
08:30 - 09:15		Kettlebells	Kerry
09:15 - 10:00		Group Cycle +	Maria
10:15 - 11:00		Just Step +	Maria
Sunday			
Time	Focus	Class	Instructor
Morning Sessions			
08:15 - 09:00		Group Cycle +	Kerry/Tozzie
09:15 - 10:00		BodyPump	Vicki
11:00 - 11:45		BodyBalance	Chris

### Focus Symbol

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

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