









wave
Live life








Lewes Leisure Centre Group Exercise Timetable






Starting Thursday 1st July 2021










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Live life

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00	 	Kettlebells	Kerry
09:45 - 10:30	 	Body Conditioning	Tozzie
Evening Sessions			
18:00 - 18:45	 	BodyPump	Karin
19:00 - 19:45		Group Cycle +	Karin
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	Xenia
18:45 - 19:30	 	Body Conditioning	Tozzie
19:15 - 20:00	 	Kettlebells	Kerry

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 +	Tozzie
19:00 - 19:45		BodyCombat +	Laura

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
08:30 - 09:15		Group Cycle +	Tozzie
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
08:45 - 09:30	  	BodyPump	Kevin
09:45 - 10:30		Group Cycle +	Kevin

Focus Symbol

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

+ 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.