























Down Leisure Centre Group Exercise Timetable

Starting Wednesday 23rd June 2021

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 7:00		BodyPump	Karin
07:15 - 07:45		Cycle HIIT	Sarah Jane
09:15 - 10:00	 	Power Conditioning	Kerry
10:15 - 11:00	 	Kettlebells	Vicki
Afternoon Sessions			
12:30 - 13:30		Yoga	Kate
Evening Sessions			
17:00 - 18:00		Yoga	Therese
18.30 - 19:15	 	BodyBootcamp **	Kerry
18.45 - 19.30	 	Pilates	Zayna
19.45 - 20:30		Keiser Cycle +	Luke

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Group Cycle +	Luke
08:45 - 09:30		Pilates	Roz
10:00 - 10:45		BodyPump	Vicki
10:30 - 11.15		Active Age – Body Con	Claire
11:30 - 12:30		Yoga	Therese
Evening Sessions			
17:45 - 18.15	 	HIIT	Kerry
18:15 - 19:15	 	Yoga	Therese
19:15 - 20:00		Power Circuits	Kerry/Luke
19:45 - 20:30		Group Cycle +	Sarah Jane

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
08.30 - 09:00		Cycle HIIT	Tozzie
09:15 - 10:00		BodyCombat +	Tozzie
09:30 - 10.30		Yoga	Alison
Afternoon Sessions			
12:30 - 13:15		Group Cycle +	Harry
13:30 – 14:15		Seated Fitness	Hannah
Evening Sessions			
17:45 - 18:30		BodyPump	Kevin
18:40 - 19:10		Cycle Express	Kevin
18:45 - 19:30		Pilates	Gail
19:30 - 20:15		BodyCombat +	Vicki

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.

** These classes are outdoors

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.



Down Leisure Centre Group Exercise Timetable

Starting Wednesday 23rd June 2021



Thursday			
Time	Focus	Class	Instructor
Morning Sessions			
06:15 - 07:00		Group Cycle +	Luke
08:00 - 08:30		Cycle HIIT	Tabitha
09:15 - 10:00		Body Conditioning	Roz
10:00 - 11:00		Yoga	Tabitha
11:45 - 12:45		Active Age - Tai Chi	Rob
Evening Sessions			
17:45 - 18:30		Yoga	Kate
18:30 - 19:15		BodyCombat +	Vicki
19:00 - 19:30		Keiser Cycle Express +	Luke
19:15 - 20:00		Yoga	Debbie
19:45 - 20:30		Les Mills Core	Luke

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
06:30 - 07:15		Kettlebells	Vicki
09:30 - 10:15		Pilates	Roz
10:30 - 11:15		BodyCombat +	Tozzie
10:30 - 11:15		Tai Chi Wudang	Rob
Evening Sessions			
17:15 - 18:00		Group Cycle +	Harry
18:15 - 19:00		BodyPump	Karin

Saturday			
Time	Focus	Class	Instructor
Morning Sessions Only			
08:15 - 08:45		Grit Strength	Karin
09:00 - 09:45		BodyPump	Karin
10:00 - 10:45		Functional Fit **	Vicki
10:30 - 11:15		Pilates	Tabitha

Sunday			
Time	Focus	Class	Instructor
Morning Sessions Only			
08:30 - 09:00		Grit Cardio +	Karin
09:00 - 09:45		Kettlebells	Tabitha
09:15 - 10:00		Group Cycle +	Karin
10:30 - 11:30		Yoga	Minna

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