


















# Peacehaven Leisure Centre Group Exercise Timetable



Starting Monday 19<sup>th</sup> November 2021




Monday		
Time	Focus	Class
Morning Sessions		
09:30 - 10:15		Fitness Pilates
10:30 - 11:15		RIDE - Keiser +
Evening Sessions		
18:00 - 18:45	 	Kettlebells
18:30 - 19:15		RIDE- MyZone +
19:30 - 20:30		Yoga

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		BodyPump
09:15 - 10:00		RIDE - Rhythm +
10:15 - 11:00	 	**Active Age - Studio
10:30 - 11:15		Zumba +
Evening Sessions		
18:15 - 19:00		Yoga
19:15 - 20:00	 	BodyTone
19:45 - 20:30		RIDE Rhythm +







Wednesday		
Time	Focus	Class
Morning Sessions		
09:15 - 10:00	 	Boxercise
10:30 - 11:00		Fitness Pilates
Evening Sessions		
17:45 - 18:30		RIDE MyZone +
18:45 - 19:45		BodyPump
19:30 - 20:30		BodyBalance

Thursday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		BodyPump
09:30 - 10:15		BodyPump
10:30 - 11:30		Yoga
11:00 - 11:45	 	*Active Age - Gym
Evening Sessions		
17:45 - 18:30		RIDE - Rhythm +
19:00 - 20:00		Pilates
19:30 - 20:15		Zumba +

Friday		
Time	Focus	Class
Morning Sessions		
09:15 - 10:00	 	Lift Lean
10:15 - 11:00	 	**Active Age - Studio
11:15 - 12:00		*Strength & Balance
Evening Sessions		
17:45 - 18:30		Pilates
18:45 - 19:30		RIDE - MyZone +

Saturday		
Time	Focus	Class
Morning Sessions		
08:30 - 09:15		Kettlebells
09:15 - 10:00		RIDE - Rhythm +
10:15 - 11:00	 	Just Step +
Sunday		
Time	Focus	Class
Morning Sessions		
08:15 - 09:00		RIDE - MyZone +
09:15 - 10:15		BodyPump
10:30 - 11:30		BodyBalance

Focus Symbol

Cardio		Strength and Core	
Dance		Water Based	
Holistic		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.

\*\*These classes are designed for older adults

\*Ideal for those who cannot stand for long periods or have limited mobility

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.