
















Down Leisure Centre and Seaford Head Swimming Pool

Group Exercise Timetable







Starting Monday 9th November 2021

Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 7:00		BodyPump
07:15 - 07:45		RIDE – Rhythm +
09:15 - 10:00	 	Power Conditioning
10:15 - 11:00		Kettlebells
Afternoon Sessions		
12:30 - 13:30		Yoga
Evening Sessions		
17:00 - 18:00		Yoga
17:45 - 18:30	 	Pose Barre +
18.30 - 19:15	 	Functional Fit
18.45 - 19.30	 	Pilates
19:00 – 19:45		Aqua Fit + at Seaford Head Pool
19.45 - 20:30		RIDE - Keiser +

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		RIDE – MyZone +
08:45 - 09:45		Pilates
10:00 - 10:45		BodyPump
10:30 - 11.15	 	Active Age**
10:30 - 11:30		Yoga
Evening Sessions		
18:00 - 18.30		HIIT
18:15 - 19:15		Yoga
18:45 – 19:30	 	Extreme Circuits
19:45 - 20:30		RIDE - Rhythm +

Wednesday		
Time	Focus	Class
Morning Sessions		
07:00 – 07:45	 	Functional Fit
08.30 - 09:00		RIDE - Express
09:15 - 10:15		BodyCombat +
09:30 - 10.30		Yoga
10:30 – 11:15		Les Mills Core
Afternoon Sessions		
12:15 - 13:00		RIDE – MyZone +
13:30 – 14:15		Seated Fitness*
Evening Sessions		
17:45 - 18:30		BodyPump
18:40 - 19:10		RIDE – Express
18:45 – 19:30		Pilates
19:20 - 20:05		BodyCombat +

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 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.



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Thursday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		RIDE - Keiser +
09:15 - 10:15		Body Tone
10:00 - 10:45		Functional Fit
10:30 - 11:30		Yoga
11:45 - 12:45		Tai Chi
Evening Sessions		
17:45 - 18:45		Yoga
18:15 - 19:15		BodyCombat +
19:15 - 20:00		Yoga
19:20 - 20:05		Les Mills Core

Friday		
Time	Focus	Class
Morning Sessions		
06:30 - 07:15		Kettlebells
09:05 - 10:05		Power Pilates
09:30 - 10:15		*Active Age – Gym
10:15 - 11:00		BodyCombat +
10:30 - 11:30		Tai Chi Wudang
Evening Sessions		
17:15 - 18:00		RIDE - MyZone +
18:15 - 19:00		BodyPump

Saturday		
Time	Focus	Class
Morning Sessions Only		
08:15 - 08:45		Grit Athletic +
09:00 - 10:00		BodyPump
10:00 - 10:45		Functional Fit
10:15 - 11:00		Pose Barre
Sunday		
Time	Focus	Class
Morning Sessions Only		
08:30 - 09:00		Grit Strength
09:15 - 10:00		RIDE – Rhythm +
10:15 - 11:00		Kettlebells
11:15 - 12:15		Yoga

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