






















# Lewes Leisure Centre







## Group Exercise Timetable







Starting Tuesday 4<sup>th</sup> January 2022





Monday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00	 	Kettlebells
09:30 - 10:30	 	Total Conditioning
10:30 - 11:15	 	Active Age -Gym**
Evening Sessions		
18:00 -18:45	 	BodyPump
19:00-19:45		RIDE – MyZone +
19:15 - 20:00		Zumba +





Thursday		
Time	Focus	Class
Morning Sessions		
09:15 - 10:00		RIDE - Rhythm +
10:15 - 11:15		Fitness Pilates
Evening Sessions		
17:45 – 18:30	 	Functional Fit
18:15 – 19:00		Yoga
19:15 - 20:00		Kettlebells

Tuesday		
Time	Focus	Class
Morning Sessions		
06:15 - 07:00		RIDE – MyZone
10:00 – 10:45	 	Functional Fit
Evening Sessions		
18:30 - 19:15		HIIT Fusion
19:30 – 20:15		RIDE - Rhythm+
19:30 - 20:25		Aqua Fit +







Friday		
Time	Focus	Class
Morning Sessions		
06:45 - 07:30		BodyPump
09:15 – 10:00	 	Functional Fit
10:30 - 11:25		Aqua Fit +
Evening Sessions		
17:45 - 18:30		Zumba +
18:30 - 19:30		BodyPump

Wednesday		
Time	Focus	Class
Morning Sessions		
07:00 - 07:45		RIDE - Rhythm +
09:30 – 10:15	 	Functional Fit
Evening Sessions		
18:15 - 19:15		RIDE - MyZone +
19:00 – 19:45		BodyCombat +
19:15 - 20:00		Just Step +

Saturday		
Time	Focus	Class
Morning Sessions		
08:45- 09:30		RIDE – MyZone +
09:15 -10:00		Functional Fit
09:45- 10:30	 	Fitness Pilates

Sunday		
Time	Focus	Class
Morning Sessions		
08:15 - 09:00		RIDE – MyZone +
09:10 - 09:55		RIDE - Rhythm +
10:10 – 10:55	 	BodyPump

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.  
The class session includes any time taken to set-up and take-down equipment necessary for the activity.

\* These classes are designed for those unable to stand for long periods or with limited mobility  
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.