





























Lewes Leisure Centre Group Exercise Timetable

Starting Monday 25th April 2022



Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45	 	Kettlebells
09:30	60	 	Total Conditioning
10:30	45	 	Active Age – Functional Fit**
Afternoon Sessions			
12:30	60		Move & Mobilise *
Evening Sessions			
18:00	45	 	BodyPump
19:00	45		RIDE MyZone +
19:00	60		Zumba +

Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45		RIDE – MyZone +
10:00	45	 	Functional Fit
Evening Sessions			
18:15	45	 	HIIT Fusion
19:00	60		Yoga
19:15	45	 	Just Step +
19:30	55		Aqua Fit +

Wednesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
07:00	45		RIDE Rhythm +
09:30	45	 	Functional Fit
Evening Sessions			
18:30	45	 	BodyPump
19:30	45		RIDE Rhythm +

-  Strength & Core
-  Cardio
-  HIIT
-  Holistic
-  Dance
-  Water Based
-  Specialty

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.



Lewes Leisure Centre Group Exercise Timetable Starting Monday 25TH April 2022



Thursday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	45	Cardio	RIDE -Rhythm +
10.15	60	Strength & Core, Holistic	Fitness Pilates
Evening Sessions			
17:45	45	Strength & Core, HIIT	Functional Fit
18:00	60	Holistic	Yoga
19:15	45	Strength & Core, Cardio	Kettlebells

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:45	45	Strength & Core, Cardio	BodyPump
09:15	45	Strength & Core, HIIT	Functional Fit
10:30	55	Water Based	Aqua Fit +
Evening Sessions			
17.45	45	Dance	Zumba +
18.15	60	Strength & Core, Cardio	BodyPump

Saturday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:45	45	Cardio	RIDE MyZone +
09:15	45	Strength & Core, HIIT	Functional Fit
09:45	45	Strength & Core, Holistic	Fitness Pilates

Sunday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:15	45	Cardio	RIDE MyZone +
09:10	45	Cardio	RIDE Rhythm +
10:10	45	Strength & Core, Cardio	BodyPump

-  Strength & Core
-  Cardio
-  HIIT
-  Holistic
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