









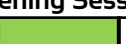




















# Downs Leisure Centre and Seaford Head Swimming Pool

















## Group Exercise Timetable

Starting Monday 27<sup>th</sup> June 2022



Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45	 	BodyPump
07:15	30		RIDE – Express+
09:10	45	 	Power Conditioning
10:00	45	 	Kettlebells
Afternoon Sessions			
12:30	60		Yoga
Evening Sessions			
17:00	60		Hatha Yoga
17:45	45		Pose Barre +
18.30	45	 	Functional Fit
18.45	45		Pilates
19:00	45		Aqua Fit + Seaford Head Pool
19.45	45		RIDE - Keiser +

Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45		RIDE – MyZone +
08:45	60		Pilates
10:00	60	 	BodyPump
10:30	60	 	Active Age - Functional Fit**
10:30	60		Yoga
Evening Sessions			
18:00	30		HIIT
18:15	60		Yoga Flow
18:45	45	 	Power Circuits
19:45	45		RIDE - Rhythm +

Wednesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
07:00	45	 	Functional Fit
08.30	30		RIDE – Express +
09:15	60		BodyCombat +
09:30	60		Gentle Yoga
10:30	45		Core Fusion
Afternoon Sessions			
12:00	45		RIDE – MyZone +
13:30	45		Seated Fitness*
Evening Sessions			
17:45	45	 	BodyPump
18:00	45	 	Pilates
18:30	45	 	Functional Fit
18:40	30		RIDE – Express
19:20	45		Dance Fit +

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

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.



# Downs Leisure Centre and Seaford Head Swimming Pool Group Exercise Timetable

Starting Monday 25<sup>TH</sup> April 2022



Thursday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45	Cardio	RIDE - Keiser +
09:15	60	Strength & Core, Cardio	Body Tone
10:00	45	Strength & Core, HIIT	Functional Fit
10:15	45	Dance	Zumba +
10:30	60	Holistic	Hatha Yoga
11:15	45	Strength & Core, Cardio	Active Age - Cardio & Condition **
11:45	60	Holistic	Tai Chi
Evening Sessions			
17:45	60	Holistic	Yoga Flow
18:15	60	Cardio	BodyCombat +
19:15	45	Holistic	Hatha Yoga

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:30	45	Strength & Core, Cardio	Kettlebells
09:00	60	Strength & Core, Holistic	Power Pilates
09:30	45	Strength & Core, Cardio	Active Age - Gym**
10:15	45	Cardio	BodyCombat +
10:30	60	Holistic, Specialty	Tai Chi Wudang**
Evening Sessions			
17:15	45	Cardio	RIDE - MyZone +
18:15	45	Strength & Core, Cardio	BodyPump

Saturday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:15	30	HIIT	HIIT +
09:00	60	Strength & Core, Cardio	BodyPump
10:00	45	Strength & Core, HIIT	Functional Fit
10:15	45	Strength & Core, Holistic	Pose Barre

Sunday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
09:00	45	Cardio	RIDE - Rhythm +
10:00	45	Strength & Core, Cardio	Kettlebells
11:00	60	Holistic	Hatha Vinyasa Yoga

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

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