
































Peacehaven Leisure Centre Group Exercise Timetable

Starting Monday 27th June 2022



Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:30	45	 	Power Conditioning
10:30	45	 	Fitness Pilates
Evening Sessions			
18:00	45	 	Kettlebells
18:30	45		RIDE MyZone +
19:15	45	 	Functional Fit
19:30	60		Hatha Flow Yoga

Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45	 	BodyPump
09:15	60		RIDE Fusion
10:30	45	 	Active Age – Cardio & Condition**
10:30	45		Zumba +
Evening Sessions			
18:00	45		HIIT Fusion
18:15	60		Stretch & Relax
19:00	45	 	BodyTone
19:45	45		RIDE - Rhythm +

Wednesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	45	 	Boxercise
10:15	45	 	Fitness Pilates
Evening Sessions			
17:45	45		RIDE MyZone +
18:45	60	 	BodyPump
19:30	60		BodyBalance

-  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.















Peacehaven Leisure Centre Group Exercise Timetable





Starting Monday 25TH April 2022



Thursday			
Start Time	Class Length	Focus	Class
Morning Sessions			
06:15	45	 	BodyPump
09:30	45	 	BodyPump
10:00	45	 	Active Age – Gym**
10:30	60		Hatha Yoga
Evening Sessions			
17:45	45		RIDE Rhythm +
19:00	60	 	Pilates
19:30	60		Zumba +

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	45	 	Lift Lean
10:15	45	 	Active Age – BodyTone**
11:15	45		Move & Mobilise*
Evening Sessions			
17.45	45	 	Pilates

Saturday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:30	45	 	Kettlebells
09:15	45		RIDE Rhythm +
10:15	60	 	Just Step +

Sunday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:30	45		RIDE Rhythm +
09:30	60	 	BodyPump
10:35	60		BodyBalance

-  Strength & Core
-  Cardio
-  HIIT
-  Holistic
-  Dance
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