








Monday 6 <sup>th</sup> May 2024			
Start Time	Class Length	Focus	Class
8:30am	45mins	 	<b>Les Mills BodyPump</b>
9:30am	45mins		<b>Les Mill BodyCombat+</b>
10:30am	45mins	 	<b>Pose Barre Flow</b>
10:30am	45mins	 	<b>Functional Fit</b>

Downs Leisure Centre, Seaford  
Bank Holiday Opening Hours are 08:00 – 17:00

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



-  - Cardio
-  - Holistic
-  - Dance
-  - Strength & Core
-  - High Intensity Interval Training (HIIT)
-  - Water Based