




Monday 6 th May 2024			
Start Time	Class Length	Focus	Class
8:30am	45mins		RIDE Myzone+
9:30am	45mins		Kettlebells
10:30am	45mins		Stretch & Relax

Peacehaven Leisure Centre Bank Holiday
 Opening Hours are 08:00 – 17:00

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



- Cardio



- Holistic



- Dance



- Strength & Core



- High Intensity Interval
 Training (HIIT)



- Water Based