


Monday 6 th May 2024			
Start Time	Class Length	Focus	Class
11:15am	55mins		Aqua Fit+

Seahaven Swim and Fitness Centre Bank
Holiday Opening Hours are 08:00 – 19:00

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