







| Monday 6 th May 2024 | | | |
|---------------------------------|--------------|---|--------------------|
| Start Time | Class Length | Focus | Class |
| 8:15am | 45mins |  | RIDE Rhythm+ |
| 9:15am | 45mins |   | Les Mills BodyPump |
| 10:00am | 45mins |   | Functional Fit |
| 10:15am | 45mins |  | Zumba+ |

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