





Monday 27 th May 2024			
Start Time	Class Length	Focus	Class
8:30am	45mins		RIDE Rhythm+
9:30am	45mins		Les Mills BodyPump
10:30am	60mins		Yoga
10:30am	45mins		Functional Fit

Downs Leisure Centre, Seaford
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