

Workout Class Timetable

Timetable from 1st April 2024

MON	TUE	WED	THU	FRI	SAT	SUN
09:25-10:10 INDOOR CYCLING Studio	06:40-07:25 INDOOR CYCLING Studio	09:15-10:00 INDOOR CYCLING Studio	09:15-10:00 DANCE FITNESS Studio	06:45-07:30 BODY PUMP Sports Hall	08:40-09:25 BODY COMBAT Studio	07:30-08:15 AQUA FIT Fun Pool
10:25-11:20 LBT Studio	09:15-10:10 TAI CHI Studio	10:30-11:15 YOGA Studio	09:30-10:15 BODY COMBAT Sports Hall	09:15-10:00 BODY CONDITIONING Sports Hall	09:45-10:40 YOGA Studio	08:15-09:00 BODY PUMP Sports Hall
10:45-11:15  CORE BLAST SMART START Sports Hall/Gym	09:30-10:15 BODY CONDITIONING Sports Hall	10:45-11:15  CIRCUITS SMART START Sports Hall/Gym	10:15-11:00 PILATES Studio	10:05-11:00 BODY BALANCE Studio	10:45-11:15  CORE BLAST SMART START Sports Hall/Gym	08:30-09:15 AQUA FIT Fun Pool
11:30-12:25 BODY BALANCE Studio	10:30-11:15 PILATES Studio	11:35-12:20 DANCE FITNESS Studio	10:30-11:25 BODY PUMP Sports Hall	10:30-11:25 ZUMBA Sports Hall		09:15-10:00 INDOOR CYCLING Studio
12:30-13:15 AQUA SPLASH Training Pool	10:45-11:15  TRX SMART START Sports Hall/Gym	12:30-13:15 AQUA SPLASH Training Pool	11:15-12:00 YOGA Studio	11:15-12:10 TAI CHI Studio		10:45-11:15  CIRCUITS SMART START Sports Hall/Gym
12:40-13:25 DANCE FITNESS Studio	11:30-12:25 CHI BALL Studio	17:30-18:00  TRX SMART START Sports Hall/Gym	11:30-12:00  DEADLIFT SMART START Sports Hall/Gym	11:30-12:00  SQUAT SMART START Sports Hall/Gym		
13:45-14:30 NEW! 60+ STRENGTH & TONE Studio	12:30-13:15 AQUA SPLASH Training Pool	18:00-18:55 BODY BALANCE Studio	12:30-13:15 AQUA SPLASH Training Pool	12:20-13:15 YOGA Studio		
17:30-18:00  CORE BLAST SMART START Sports Hall/Gym	17:30-18:00  CORE BLAST SMART START Sports Hall/Gym	18:00-18:55 BODY PUMP Sports Hall	17:30-18:00  CORE BLAST SMART START Sports Hall/Gym	17:30-18:15 BODY COMBAT Sports Hall		
18:00-18:45 BODY BALANCE Studio	17:45-18:30 INDOOR CYCLING Studio	19:00-19:45 AQUA FIT Fun Pool	18:15-19:00 STEP AEROBICS Sports Hall	18:30-19:25 BODY PUMP Sports Hall		
18:15-19:00 LEGS, BUMS & TUMS Sports Hall	19:00-19:45 BODY PUMP Sports Hall	19:15-20:00 STEP AEROBICS Sports Hall	19:00-19:45 AQUA FIT Fun Pool			
19:15-20:00 BODY COMBAT Sports Hall	20:00-20:55 BODY COMBAT Sports Hall		19:15-20:00 INDOOR CYCLING Studio			
19:00-19:45 INDOOR CYCLING Studio			19:15-20:10 CIRCUITS Sports Hall			
19:00-19:45 AQUA FIT Fun Pool						
20:00-20:45 AQUA FIT Fun Pool						

Please remember to inform your instructor at the start of the class if you have an injury and bring a pre-filled bottle of water.

We hope you enjoy your class



This symbol shows a SmartStart class. SmartStart classes are perfect for someone who is just starting on their fitness journey, or who is returning after time away. Our instructors will support you to get the best possible start.

Classes can be booked up to 7 days in advance at reception in person or by calling 01323 738822. Or 8 days in advance online via our website eastbourneleisure.co.uk