



Davison Leisure Centre

Class Timetables

Free
to FIT4
Members

Book your classes online at
www.southdownsleisure.co.uk or call 01903 905050

Classes can be booked via our website and reception 7 days in advance for FIT4 and Centre Members, and 3 days in advance for non-members.

Monday

18.00-19.00 **Bodybalance** – Sally R
18.05-18.50 **Bodycombat** – Florence
19.00-19.45 **Sh'bam** – Wendy
19.15-20.15 **Circuits** – Helen

A J S
H J MH
A J S
H SH

Tuesday

18.00-18.45 **Bodycombat** – Lucie D
18.50-19.20 **Abs and Core** – Dave H
19.25-20.10 **Bodyjam** **NEW** – Sheree
20.15-21.10 **Bodypump** – Rachel C

H J S
M ● S
A J S
M S

Wednesday

17.45-18.30 **Bodypump** – Rachel C
17.45-18.30 **Fitsteps** – Tina L-M
18.30-19.15 **Weightloss Bootcamp**
– Tina L-M
19.15-19.45 **Powerhoop** – Tina L-M

M SH
A J S
A J S
A J ● S

Thursday

17.30-18.30 **Bodybalance** – Megan
18.00-18.50 **Bodypump** – Colin
18.45-19.30 **Strictly Dancing**
NEW – Kevin
19.15-20.15 **Circuits** – Helen

A J S
M SH
A J S
H SH

Friday

17.30-18.00 **Abs and Core** – Sally D
17.45-18.30 **Back Care Pilates** – Ulala
18.05-18.50 **Bodycombat** – Sally D

M ● MH
A S
H J MH

Saturday

09.15-10.15 **Bodybalance** – Sally B
10.15-11.00 **Bounce DanceFit**
– Emily/Jade

A J S
A J S



LOCATION: MH Main Hall SH Small Hall S Studio

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Worthing College Class Timetables

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Friday

- 17.30-18.15 **Drum 'n' Bass Bootcamp** – Enzo A J S
- 18.25-19.10 **Bodybalance** – Megan A J S

Saturday

- 08.15-09.00 **H.I.T** – Jo M H S
- 09.05-09.50 **Bodypump** – Jo M M S
- 09.55-10.25 **Abs and Core** – Jo M A ● S
- 10.30-11.15 **Bodybalance (NT)** – Jo M A J S

Sunday

- 08.30-09.15 **Body Pump** – Sue T M S
- 09.20-10.05 **Weightloss Bootcamp** – Katie B A J S
- 10.10-10.40 **Abs and Core** – Katie B A ● S
- 10.45-11.30 **Zumba** – Jo L A J S

Monday

- 17.30-18.30 **Bodypump** – Sue T M S
- 18.35-19.20 **Bodycombat** – Lucie D H J S

Tuesday

- 17.30-18.25 **Bodybalance** – Norma A J S
- 18.30-19.15 **Fitsteps** – Megan A J S
- 19.20-20.20 **Pilates** – Ruby A S

Wednesday

- 17.30-18.15 **LBT** – Katie B A J S
- 18.20-19.05 **Bodypump** – Jemma M S
- 19.10-19.55 **Pilates** – Ulala A S

Thursday

- 17.30-18.15 **Pilates** – Ruby M S
- 18.20-19.20 **Bodycombat** – Carrie H J S
- 19.30-20.00 **CX Worx** – Carrie M ● S
- 20.05-20.50 **Yoga Flow** – Jade A J S



LOCATION: S Studio

Free
to FIT4
Members

Splashpoint Leisure Centre Class Timetables



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Classes can be booked via our website and reception 7 days in advance for FIT4 and Centre Members, and 3 days in advance for non-members.

Monday

06.30-07.00	H.I.T Spin – Sue T	H	S2
06.30-07.00	Bodyattack Express – Jodie	H J ●	S1
06.30-08.00	Adult Swim Coaching – Graham	M J	P
07.05-07.50	Bodypump – Jodie	H ●	S1
07.05-07.50	Spin - Freestyle – Sue T	M	S2
09.15-10.00	Bodypump – Dave H	M	S1
09.15-10.00	Showtime Dance – Sue F	A J	S2
10.05-10.50	Bodycombat – Lauren	H J	S1
10.10-10.40	Cx Worx – Dave H	M ●	S2
10.45-11.45	Clinical Fitness (NT) – Marie	A	S2
10.55-11.40	Freestyle Fitness Yoga – Jo C	A J	S1
11.45-12.40	Bodybalance – Ruby	A J	S1
12.10-12.55	Aqua Aerobics – Lucie G	A J	P
12.45-13.45	Pilates – Ruby	A	S1
13.00-13.45	Aqua Aerobics – Lucie G	A J	P
14.00-15.00	50+ Keep Fit – Sally R	A	S1
17.00-17.45	Bodypump – Jo M	M	S1
17.00-17.45	Spin - Freestyle – Helen C	M	S2
17.50-18.20	CX Worx – Jo M	M ●	S1
18.00-18.45	Spin - RPM (NT) – Colin	M	S2
18.15-19.00	Aqua Aerobics – Helen C	A J	P
18.25-19.10	Bodyattack – Rich	H J	S1
18.30-19.00	GRIT Plyo – Jo M	H ●	GY
19.15-20.00	Bodycombat – Rich	H J	S1
19.10-19.55	Bodybalance – Jo M	A J	S2
20.00-20.45	Barre Fusion - Emily/Jade	A J	S2
20.05-20.50	Bodypump – Rich	M	S1

Tuesday

06.30-07.15	Bodypump – Charlotte	M	S1
06.45-07.15	Kettlebells/Powerbag – Courtney	H ●	GY

Tuesday (continued)

06.45-07.30	Spin - Freestyle – Sue T	M	S2
07.40-08.25	Aqua Aerobics – Charlotte	A J	P
09.00-09.30	GRIT Strength – Bella	H ●	S1
09.15-10.00	Spin Circuits – Sarah P	M	S2
09.30-10.00	GRIT Cardio – Bella	H ●	S1
10.05-10.50	Bodypump – Sarah P	M	S1
10.10-10.55	Bodyjam – Wendy	A J	S2
11.00-11.45	Bodycombat – Dave H	M J	S1
11.10-12.10	Pilates – Sarah P	A	S
11.50-12.20	Cx Worx – Dave H	M ●	S1
12.15-13.00	Aqua Aerobics – Helen H	A J	P
12.30-13.30	Ashtanga Yoga – Christie	A	S
14.00-15.00	50+ Keep Fit – Sally R	A	S1
15.10-16.50	Over 50's Table Tennis	A	S1
17.00-17.45	Bodypump – Sinead	M	S1
17.05-17.35	Cx Worx – Dave H	M ●	S2
17.30-19.00	Adult Swim Coaching – Spencer & Helen	M	P
17.50-18.35	Bodyattack – Sinead	H J	S1
17.40-18.25	Boxercise – Dave H	M	S2
18.30-19.15	Sh'bam – Wendy	A J	S2
18.40-19.25	HIT – Nicole	H	S1
19.30-20.15	Bodypump – Jo C	M	S1
19.30-20.15	Spin - Schwinn – Sue T	M	S2
20.30-21.15	Weightloss Bootcamp – Helen C	A J	S1



LOCATION: GY Gym P Pool S1 Studio 1 S2 Studio 2

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Splashpoint Leisure Centre Class Timetables



Wednesday

06.30-07.00	H.I.T Spin – Helen C	H	S2
06.30-08.00	Adult Swim Coaching – Andy	M	P
06.30-07.15	Bodycombat – Florence	H J	S1
06.45-07.15	GRIT Plyo – Jo M	H ●	GY
07.05-07.50	Spin - Freestyle – Helen C	M	S2
07.20-07.50	GRIT Strength – Jo M	H ●	S1
09.15-10.10	Bodypump – Helen H	M	S1
09.30-10.15	Spin - Freestyle – Jo M	M	S2
10.15-11.00	Tone NEW – Wendy	M J	S1
10.35-11.35	Yoga – Ulala	A	S2
11.05-11.35	Cx Worx – Colin	M ●	S1
11.40-12.25	Zumba – Florence	A J	S2
11.40-12.40	Bodybalance – Colin	A J	S1
12.10-12.55	Aqua Bootcamp – Helen C	A J	P
12.50-13.50	Over 50's Keep Fit – Sally R	A	S1
14.00-15.00	Pilates – Miki	A	S1
17.00-17.45	Barre Fusion – Bennie	A J	S2
17.00-17.45	Bodypump – Rick	M	S1
17.50-18.35	Bodyattack – Rick	H J	S1
18.35-19.20	Weightloss Bootcamp – Bella	A J	S1
18.00-18.50	Spin - Schwinn – Sue T	M	S2
19.15-20.00	Aqua Aerobics – Kate	A J	P
19.25-20.10	Bodycombat – Dave H	H J	S1
19.00-19.45	Spin - Schwinn – Sue T	M J	S2
20.10-21.10	Bodybalance – Colin	A J	S1

Thursday

06.45-07.15	Kettlebells/Powerbag – Courtney	A	GY
06.45-07.30	Spin - RPM – Colin	M	S2
06.45-07.30	Bodypump – Jemma	M	S1
07.40-08.25	Aqua Aerobics – Charlotte	A J	P
09.10-10.10	50+ Short Mat Bowls & Table Tennis – Sally R	A	S1
09.15-10.00	Spin Circuits – Janie	M	S2
10.15-11.15	50+ Keep Fit – Sally R	A	S1
10.15-11.00	Rave Aerobics – Janie	A J	S2
11.00-11.45	Tone – Wendy	M J	S2
11.20-12.05	Boxercise – Dave H	M	S1
11.45-12.30	Sh'bam – Wendy	A J	S2
12.10-12.55	Deep Water Aqua – Janie	A J	P
12.30-13.30	Hatha Yoga – Martina	M	S1
13.00-13.45	Aqua Aerobics – Janie	A J	P
13.45-14.45	Clinical Fitness – Bennie	A	S1
17.15-18.00	Sh'bam – Charlotte	A J	S1
17.00-17.30	Abs and Core – Dave H	A ●	S2
17.30-19.00	Adult Swim Coaching – Andy & Michelle	M	P
17.30-18.15	Boxercise – Dave H	M	S2
18.00-18.45	Aqua Aerobics – Erin	A J	P
18.10-19.05	Bodypump – Charlotte	M	S1
18.15-19.00	Zumba NEW – Jo L	A J	S2
19.10-19.40	Express Bodyattack – Charlotte	H J ●	S1
19.15-20.00	Spin - RPM – Colin	M	S2
19.45-20.30	Yoga – Emily	A	S1



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Friday

06.30-07.15 Sh'bam – Rich	A J	S1
06.30-07.00 H.I.T Spin – Jo M	H ●	S2
06.45-07.15 GRIT Cardio – Bella	H ●	GY
07.00-08.00 Running Club 10K – Shelley	M	RE
07.05-07.50 Spin - Freestyle – Jo M	M	S2
07.15-08.00 Tone – Rich	M J	S1
07.40-08.25 Aqua Aerobics – Janie	A J	P
09.15-10.00 Tabata Bootcamp – Kerry	M	S1
10.05-10.35 CX Worx – Kerry	M ●	S2
10.05-10.50 Bodycombat – Wendy	H J	S1
11.00-11.45 Zumba – Sally R	A J	S1
11.15-12.00 Bodystep – Wendy	M J	S2
11.50-12.35 Bodybalance – Sally R	A J	S1
12.05-12.35 GRIT Strength – Jo M	H ●	S2
12.10-12.55 Aqua Aerobics – Helen	A J	P
12.40-13.40 Pilates – Miki	A	S1
13.00-13.45 Aqua Aerobics – Janie	A J	P
13.45-14.30 Bodypump – Helen H	M	S1
17.00-17.45 Bodycombat – Colin	H J	S1
17.00-17.45 Freestyle Spin – Mark T	M	S2
17.50-18.50 Bodypump – Colin	M	S1
18.00-18.45 Bodybalance – Florence	A J	S2
18.15-19.00 Deep Water Aqua – Kate	A J	P
19.00-19.45 Muscle Activation – Luke	A	S1
18.45-19.30 Strong by Zumba NEW – Jo L	A J	S2
19.00-20.00 Adult Swim Coaching – Andy	M	P

Saturday

06.45-07.30 Early Bird Fitness NEW – Rich	H	S1
07.00-07.30 H.I.T Spin – Sue T	H	S2
07.30-08.15 Tone – Rich	M J	S1
07.35-08.20 Spin - Schwinn – Sue T	M	S2
08.30-09.15 Spin - Schwinn – Sue T	M	S2
08.30-09.15 Weightloss Bootcamp – Helen C	A J	S1
09.25-10.10 Bodyattack – Rich/Vikki	H J	S1
09.30-10.15 Showtime Dance – Su F	A J	S2
09.30-10.00 Couch To 5K – Sue T	A J ●	RE
10.00-11.00 Running Progression Class 5k to 10k – Sue T	A J	RE
10.15-11.15 Bodypump – Mark J	M	S1
10.20-11.15 Yoga NEW – Jade/Christie	A J	S2

Sunday

07.30-08.15 Spin - Schwinn – Ed	M	S2
07.40-08.40 Bodypump – Helen H	M	S1
08.25-09.10 Spin - RPM (NT) – Colin	M	S2
08.45-09.30 Sh'bam – Charlotte	A J	S1
09.35-10.35 Bodybalance – Sally R	A J	S1
09.35-10.20 P90X – Stewart	H J	S2
10.25-11.10 Barre Fusion – Emily/Jade	A J	S2
10.30-11.15 Aqua Aerobics – Charlotte	A J	P
10.35-11.35 Bodyattack – Rich	H J	S1
11.15-12.15 Yoga NEW – Emily/Jade	A J	S2
16.15-17.00 Bodypump – Rosie	M	S1
17.00-17.45 Deep Water Aqua – Kate	A J	P
17.05-17.50 Bodybalance – Rosie	A J	S1
18.00-18.45 Weightloss Bootcamp NEW – Dave H	H	S1
18.00-19.00 Adult Swim Coaching – Rota	M	P
18.50-19.35 Bodycombat – Dave H	H J	S1



LOCATION: GY Gym P Pool S1 Studio 1 S2 Studio 2 RE Reception

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Worthing Leisure Centre Class Timetables

Monday

06.45-07.15	Bodycombat Express <i>NEW</i> – Dave H	M ●	S1
06.45-07.30	Bodypump – Kevin	M	RA
07.20-07.50	Abs and Core (NT) – Dave H	M ●	S1
09.20-10.05	Step and Conditioning – Karen T	M	S1
09.20-10.05	Bodycombat – Jo C	H J	RA
09.20-10.05	Spin – Jo M	M	S2
10.25-11.10	Bodypump – Colin	A	RA
10.25-11.10	Sh'bam – Wendy	A J	S1
10.25-11.15	Spin – Mark	M	S2
10.25-11.25	Pole Fitness NEW – Charlotte	M	PS
10.30-11.15	Baby FIT4 – Tina L M	A	MH
11.30-12.15	Tone – Colin	M J	S1
11.30-12.00	Abs and Core – Katie B	A ●	RA
17.30-18.15	Cardio Legs, Bums & Tums NEW – Katie B	A J	S1
17.45-18.30	Spin freestyle – Sally B	M ●	S2
18.00-19.00	Pole Fitness NEW – Helen	M	PS
18.15-19.00	Weightloss Bootcamp (NT) – Katie B	A J	S1
18.30-19.15	Yoga NEW – Caroline P	A J	SH
18.35-19.20	Spin - RPM – Karen T	M	S2
18.45-19.40	Bodypump – Sally B	M	RA
19.00-19.45	Bodyattack – Peter	H J	S1
19.00-20.00	Pole Fitness NEW – Helen	M	PS
19.45-20.30	Bodypump – Rachel C	M	RA
19.45-20.15	Express RPM – Sally B	M ●	S2
19.45-20.15	CX Worx – Colin	M ●	S1
20.15-21.00	Bodybalance – Colin	A J	S1

Tuesday

06.30-07.15	Bodypump – Colin	M	RA
06.30-07.15	Bodyattack (NT) – Rich	H J ●	S1
06.40-07.25	Spin - RPM – Sally R	M	S2
09.20-10.05	Spin – Katie B	M	S2
09.20-10.05	Zumba – Helen H	A J	S1
09.20-10.05	Bodypump – Colin	M	RA
10.25-11.10	Bodyattack – Jodie	H J	S1
10.25-11.10	Spin - RPM – Karen T	M	S2
10.25-11.10	Cardio Legs, Bums & Tums – Helen C	A J	RA
10.25-11.25	Pole Fitness NEW – Helen	M	PS
11.30-12.20	Bodybalance – Colin	A J	S1

Tuesday (continued)

17.30-18.15	Bodycombat – Colin	H J	S1
17.30-18.15	Bodypump – Karen T	M	RA
18.00-19.00	Pole Fitness NEW – Sarah	M	PS
18.20-19.05	Sh'bam – Jo C	A J	RA
18.25-18.55	Express Spin – Colin	M ●	S2
18.30-19.15	Strong by Zumba NEW – Jo L	A J	S1
19.00-19.50	Spin - RPM – Sally R	M	S
19.20-20.05	Bodyattack – Colin	H J	S1
19.00-20.00	Popmo – Celia	A J	MH
19.00-20.00	Pole Fitness NEW – Sarah	M	PS
19.10-19.55	Weightloss Bootcamp – Tina L M	A J	RA
20.00-20.50	Spin - Schwinn – Mark T	M	S2

Wednesday

06.30-07.00	Abs and Core – Sue T	M ●	S1
06.30-07.15	Bodypump – Rich	M	RA
07.05-07.50	Bootcamp – Sue T	A J	S1
07.20-08.05	Sh'bam NEW – Rich	M J	RA
08.00-09.00	Qigong – Jan	A	SH
09.20-10.05	Bodycombat – Jo C	H J	RA
09.20-10.05	Pilates – Wendy A	A	SH
09.20-10.05	Spin - RPM – Sally B	M	S2
09.20-10.05	Tone & Tighten – Janie	A J	S1
10.25-11.25	Pole Fitness NEW – Sarah	M	PS
10.25-11.10	Pilates – Wendy A	A	SH
10.25-11.10	Freestyle Fitness Yoga – Jo C	A J	S1
10.25-11.10	Bodypump – Karen T	M	RA
11.30-12.15	Tabata Boxercise – Dave H	A J	SH
11.30-12.15	Zumba NEW – Helen H	A J	RA
17.30-18.15	P90X NEW – Stewart	H	S1
18.00-19.00	Pole Fitness NEW – Charlotte	M	PS
18.00-19.00	Yoga – Karina	A J	SH
18.00-19.00	Spin - RPM – Sally B	M	S2
18.20-19.05	Boxercise (NT) – Dave H	M J	S1
19.05-19.50	Spin - Schwinn – Mark T	M	S2
19.20-20.05	Bodyattack – Fiona	H J	S1
19.15-20.00	Cardio Legs, Bums & Tums – Vikki	A J	MH
19.30-20.15	Bodyjam – Wendy	A J	RA
20.20-21.05	Bodypump – Fiona	M	RA

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Thursday

06.00-06.45	Early Bird Fitness – Rich	A	S1
06.45-07.30	Bodycombat – Rich	H J	S1
06.45-07.30	Spin Freestyle – Sue T	M	S2
07.35-08.30	Bodypump NEW – Sue T	M J	RA
09.20-10.05	Spin - RPM – Karen T	M	S2
09.20-10.05	Bodyattack – Katie B	H J	S1
09.20-10.05	Body Conditioning – Norma	A J	RA
10.00-10.45	Baby FIT4 – Tina L M	A	MH
10.25-11.25	Pole Fitness NEW – Charlotte	M	PS
10.25-11.10	Weightloss Bootcamp – Karen T	A J	RA
10.25-11.10	Bodybalance – Ruby	A J	S1
11.20-12.05	Sh'bam – Sally D	A J	S1
11.30-12.15	Bodypump – Jemma	M	RA
17.45-18.30	Bodybalance – Sally B	A J	S1
17.30-18.30	Yoga – Emma	A	SH
17.50-18.35	H.I.T – Nicole	H	RA
18.00-19.00	Pole Fitness NEW – Sarah	M	PS
18.35-19.20	Bodycombat – Lucie D	H J	S1
18.40-19.25	Bodypump – Sally B	M	RA
19.00-20.00	Pole Fitness NEW – Helen	M	PS
18.15-19.00	Spin - RPM – Sally R	M	S2
19.25-20.25	Bodyattack – Rich	H J	S1
19.30-20.15	Sh'bam – Jo C	A J	RA
19.30-20.20	Spin Freestyle – Simon	M	S2
20.00-21.00	Adult Trampoline – Becky/Debbie	A	MH

Friday

06.30-07.15	Bodybalance NEW – Colin	M J	S1
06.30-07.15	Freestyle Spin – Sue T	H	S2
06.30-07.15	Bodypump – Dave H	M	RA
07.20-07.50	Abs and Core – Dave H	M ●	RA
09.20-10.05	Spin - RPM – Karen T	M	S2
09.20-10.05	Cardio Legs, Bums & Tums – Katie B	M J	S1
10.25-11.10	Bodypump – Karen T	M	RA

Friday (continued)

10.25-10.55	CX Worx – Colin	M ●	SQ
10.25-10.55	Express Spin – Katie B	H ●	S2
11.30-12.15	Pilates – Ulala	A	RA
17.00-17.30	CX Worx – Norma	M ●	S1
17.30-18.15	Spin - Schwinn – Sue T	M	S2
17.35-18.20	Bodyattack – Aurelie/Jodie	H J	S1
18.30-19.15	Bodypump – Sally B	M	RA
18.30-19.15	Sh'bam – Rich	A J	S1
19.15-20.00	Bodyjam – Wendy	A J	S1

Saturday

07.30-08.15	Spin – Mark J	M	S2
07.40-08.25	Bodystep – Colin	M J	S1
08.20-08.50	H.I.T Spin – Mark J	M ●	S2
08.30-09.15	Sh'bam – Sally D	A J	S1
08.30-09.15	Bodypump – Jo C	M	RA
09.00-09.50	Spin - RPM – Sally R	M	S2
09.30-10.15	Bodycombat – Sally D	H J	RA
09.20-10.05	Cardio Legs, Bums & Tums – Vikki	A J	S1
10.00-10.30	30 Min Spin – Sally R	M	S2
10.15-11.00	Bodyattack – Colin	H J	S1
10.20-11.05	Bodybalance NEW – Sally D	M J	RA
10.20-11.20	Pole Fitness NEW – Sarah/Charlotte	M	PS
11.05-11.35	CX WORX – Colin	M ●	S1

Sunday

09:00-09:50	Step and Conditioning – Karen	M	S1
09.00-09.45	Spin - Freestyle – Jordan	M	S2
09.45-10.45	Pole Fitness NEW – Helen	M	PS
10.00-10.45	Piloxing – Sally D	M J	S1
10.50-11.35	Bodycombat – Sally D	H J	S1
11.40-12.10	Abs and Core NEW – Sally D	M ●	S1
17.00-17.45	Sh'bam – Rich	A J	RA

LOCATION: MH Main Hall PS Pole Studio RA The Range
S1 Studio 1 S2 Spin Studio SH Shaftsbury Room SQ Squash Ct.

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Field Place Manor House

Class Timetables

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Monday

07.00-08.00	Pilates – Ruby	A J	CH
09.00-10.00	Bodybalance – Ruby	A J	CH
10.00-11.00	Yoga – Emma	A J	CH
11.00-12.00	Mindfulness NEW – Violet	A	CH
17.30-18.15	Back Care Pilates NEW – Caroline P	A	CH
18.00-19.00	Fitness Pilates – Bennie	A	BA
18.10-18.55	Yoga for Relaxation – Karina	A J	PA
18.30-19.30	Meditation – Suzeck	A	CH
19.00-20.00	Yoga – Bennie	A	BA
19.00-19.45	Freestyle Fitness Yoga – Jo C	M J	PA
19.35-20.35	Yoga – Emma	A	CH
19.50-20.50	Candle Light Yoga – Jo C	A J	PA
20.00-21.00	Fitness Pilates – Bennie	A	BA

Tuesday

07.00-08.00	Pilates – Ruby	A	CH
09.00-09.50	Pilates – Helen CH	A	CH
09.55-10.45	Pilates – Helen CH	A	CH
10.45-11.45	Yoga – Yasue	A	CH
17.30-18.30	Pilates – Miki	A	BA
17.30-18.15	Breathe NEW – Christie	A	AN
18.15-19.00	Ashtanga Yoga – Christie	A	AN
18.30-19.30	Yoga – Miki	A	BA
19.00-19.45	Yin Yoga – Christie	A J	AN
19.00-20.00	Mindfulness (NT) – Violet	A	LE
19.30-20.30	Pilates – Caroline	A	BA
19.45-20.45	Yoga NEW – Elsa	A	AN

Wednesday

09.00-10.00	Fitness Pilates – Miki	M	AN
10.00-11.00	Back Care Pilates – Miki	A	AN
11.00-12.00	Mother & Baby Yoga NEW – Emma	A	AN
12.00-13.00	Yoga NEW – Norma	A	AN
18.00-19.00	Back Care Pilates – Miki	A	BA
19.00-20.00	Back Care Pilates – Miki	A	BA
20.00-21.00	Meditation – Emily	A	AN
20.00-21.00	Back Care Pilates NEW – Miki	A	BA
20.00-21.00	Yoga – Elsa	A	CH

Thursday

09.00-10.00	Fitness Pilates – Miki	M	CH
10.00-11.00	Qigong – Jan	A	CH
11.00-12.00	Yoga – Yasue	A	CH
12.00-13.00	Yoga – Yasue	A	CH
18.00-19.00	Pilates – Wendy A	A	CH
18.15-19.00	Freestyle Fitness Yoga – Jo C	A J	AN
19.00-20.00	Yoga – Emma	M	CH
19.00-20.00	Mindfulness (NT) – Violet	A	CL
20.00-21.00	Pilates – Caroline	A	BA

Friday

09.30-10.30	Bodybalance – Sally D	A J	CH
10.35-11.20	Clinical Pilates – Miki	A	CH
17.00-18.00	Meditation – Suzeck	A	AR



Please note you will need to bring your own mat at this venue as these are no longer be provided.

LOCATION: AN Annex AR Art Room BA Barn CH Chichester Room
LE Lewes Room PA Pavilion CL Check Location

Changes to terms and conditions apply when booking classes.

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