



Easter Class Timetable 2019

	Good Friday 19/04/19	Saturday 20/04/19	Easter Sunday 21/04/19	Bank Holiday Monday 22/04/19
Splashpoint Leisure Centre	<p>Last Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 12:40-13:40 Pilates ● Studio 2: 12:05-12:35 Grit Strength ● Pool: 12:10-12:55 Aqua Aerobics 	Normal Timetable	<p>Classes running:</p> <ul style="list-style-type: none"> ● Studio 2: 08:25-09:10 Spin RPM ● Studio 1: 09:35-10:35 Bodybalance <ul style="list-style-type: none"> ● Studio 2: 09:35-10:20 P90X ● Studio 2: 10:25-11:10 Barre Fusion <ul style="list-style-type: none"> ● Studio 2: 11:15-12:15 Yoga 	<p>First Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 09:15-10:00 Bodypump ● Studio 2: 09:15-10:00 Showtime Dance <p>Last Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 11:45-12:40 Bodybalance ● Studio 2: 10:10-10:40 CX WORX ● Pool: 12:10-12:55 Aqua Aerobics ● Pool: 13:00-13:45 Aqua Aerobics
Worthing Leisure Centre	<p>Last Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 09:20-10:05 Cardio LBT ● The Range: 11:30-12:15 Pilates ● Spin Studio: 10:25-10:55 Express Spin 	Normal Timetable	<p>Classes running:</p> <ul style="list-style-type: none"> ● Studio 1: 9:00-9:50 Step & Conditioning ● Spin Studio: 9:00-10:00 Easter Spin Special ● Pole Studio: 09:45-11:15 1.5 hour Easter Pole Special 	<p>First Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 9:20-10:05 Step & Conditioning ● The Range: 9:20-10:05 Bodycombat <ul style="list-style-type: none"> ● Spin Studio: 9:20-10:05 Spin <p>Last Classes:</p> <ul style="list-style-type: none"> ● Studio 1: 11:30-12:15 Tone ● The Range: 10:25-11:10 Bodypump ● Spin Studio: 10:25-11:15 Spin ● Pole Studio: 10:25-11:25 Pole Fitness
Field Place Manor House	<p>Classes running:</p> <ul style="list-style-type: none"> ● 09:30-10:30 Bodybalance ● 10:35-11:20 Clinical Pilates 	No Classes	No Classes	<p>Class running:</p> <ul style="list-style-type: none"> ● 9:00-10:00 Bodybalance ● 10:00-11:00 Yoga
Fitness Centre at Worthing College	CLOSED	CLOSED	CLOSED	CLOSED
Davison Leisure Centre	No Classes	Normal Timetable	No Classes	No Classes



www.southdownsleisure.co.uk