

Saturday

06.45-07.30	GRIT – Rich	H	S1
07.00-07.30	H.I.T Spin – Sue T	H	S2
07.30-08.15	Bodybump – 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/Aurelie	H J	S1
09.30-10.15	Showtime Dance – Su F	A J	S2
10.00-11.00	Running Progression Class 5k to 10k – Sue T	A J	RE
10.15-11.15	Bodybump – Mark J	M	S1
10.20-11.15	Yoga – Jade	A J	S2

Sunday

07.30-08.15	Spin - Schwinn – Ed	M	S2
07.40-08.40	Bodybump – Helen H	M	S1
08.25-09.10	Spin - RPM – 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
10.35-11.35	Bodyattack – Rich	H J	S1
10.40-11.25	Aqua Aerobics – Charlotte	A J	P
11.15-12.15	Yoga – Emily/Jade	A J	S2
16.15-17.00	Bodybump – Dave H/Shelly B	M	S1
17.00-17.45	Deep Water Aqua – Kate	A J	P
17.05-17.50	Bodybalance – Shelley/Sam	A J	S1
18.00-19.00	Adult Swim Coaching – Rota	M	P

Location Guide: GY - Gym | P - Pool | S1 - Studio 1 | S2 - Studio 2 | RE - Reception

Field Place Manor House

Tel: 01903 446401

Monday

09.00-10.00	Bodybalance – Ruby	A J	CH
10.00-11.00	Yoga – Emma	A J	CH
17.20-18.05	Back Care Pilates (NT) – Caroline	A	CH
18.00-19.00	Fitness Pilates – Bennie	A	BA
18.10-18.55	Yoga – NEW Caroline	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

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
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 – Violet	A	LE
19.30-20.30	Pilates – Caroline	A	BA
19.45-20.45	Yoga – Elsa	A	AN

Wednesday

09.00-10.00	Fitness Pilates – Miki	M	AN
10.00-11.00	Back Care Pilates – Miki	A	AN
18.00-18.45	Back Care Pilates – Miki	A	BA
18.50-19.35	Back Care Pilates – Miki	A	BA
19.40-20.25	Back Care Pilates – Miki	A	BA
20.00-21.00	Meditation – Emily	A	AN
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
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

Location Guide: AN - Annex | AR - Art Room | BA - Barn | CH - Chichester Room | LE - Lewis Room | PA - Pavilion | CL - Check Location

Ensure you check live timetables via our app or website for correct up-to-date class listings.

Register for online booking and download the app www.southdownsleisure.co.uk



CLASS TIMETABLES

Effective from 5th August – 1st September 2019

Register for online booking and download the app www.southdownsleisure.co.uk



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

SYMBOL GUIDE:

- A** All fitness levels
- M** Medium fitness level
- J** Junior FIT4* age 13 and above
- H** Hi Energy/Get fit fast
- S** Specialist
- 30 min class
- (NT)** New Time

*Junior FIT4 members will need to be able to swim competently if participating in deep water aqua fit.

Davison Leisure Centre

Tel: 01903 905050

Monday

18.00-19.00	Bodybalance – Sally R	A J	S
18.05-18.50	Bodycombat – TBC	H J	MH
19.15-20.15	Circuits – Helen	H	SH

Tuesday

18.00-18.45	Bodycombat – Lucie D	H J	S
18.50-19.20	Abs and Core – Dave H	M ●	S

Wednesday

17.45-18.30	Bodybump – Rachel C	M	SH
17.45-18.30	Fitsteps – Tina L-M	A J	S
18.30-19.15	Weightloss Bootcamp – Tina L-M	A J	S
19.15-19.45	Powerhoop – Tina L-M	A J ●	S

Location Guide: MH - Main Hall | SH - Small Hall | S - Studio

Thursday

17.30-18.30	Bodybalance – Megan	A J	S
18.00-18.50	Bodybump – Colin	M	SH
19.15-20.15	Circuits – Helen	H	SH

Friday

17.30-18.00	Abs and Core – Sally D	M ●	MH
18.05-18.50	Bodycombat – Sally D	H J	MH

Saturday

09.15-10.15	Bodybalance – Sally B	A J	S
10.15-11.00	Bounce DanceFit – Emily/Jade	A J	S

Worthing College

Tel: 01903 905050

Monday

17.30-18.30	Bodybump – 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

Wednesday

17.30-18.15	LBT – Katie B	A J	S
18.20-19.05	Bodybump – Jemma	M	S
19.10-19.55	Pure Stretch – Michelle	A	S

Thursday

17.30-18.15	Pilates – Ruby	M	S
18.20-19.20	Bodycombat – Gayle	H J	S
19.30-20.00	Cx Worx – Carrie	M ●	S

Location Guide: S - Studio

Friday

18.25-19.10	Bodybalance – Shelly/Sam	A J	S
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Saturday

08.15-09.00	H.I.T – Jo M	H	S
09.05-09.50	Bodybump – Jo M	M	S
09.55-10.25	Abs and Core – Jo M	M ●	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

06.45-07.15 **Bodycombat Express** – Dave H
06.45-07.30 **Bodypump** – Kevin
07.20-07.50 **Abs and Core** – Dave H
09.20-10.10 **Step and Conditioning** – Karen T
09.20-10.05 **Bodycombat** – Jo C
09.20-10.05 **Spin** – Jo M
10.25-11.10 **Bodypump** – Colin
10.25-11.10 **Sh’bam** – Wendy
10.25-11.15 **Spin** – Mark
10.25-11.25 **Pole Fitness** – Charlotte
10.30-11.15 **Baby FIT4** – Tina L M
11.30-12.15 **Tone** – Colin
17.30-18.15 **Cardio Legs, Bums & Tums** – Katie B
17.45-18.30 **Spin freestyle** – Sally B
18.00-19.00 **Pole Fitness** – Helen
18.15-19.00 **Weightloss Bootcamp** – Katie B
18.35-19.20 **Spin** – Emily
18.45-19.40 **Bodypump** – Sally B
19.00-19.45 **Bodyattack** – Peter
19.00-20.00 **Pole Fitness** – Helen
19.45-20.30 **Bodypump** – Rachel C
19.45-20.15 **Express RPM** – Sally B
19.50-20.20 **Cx Worx** – Colin
20.20-21.05 **Bodybalance** – Colin

Tuesday

06.30-07.15 **Bodypump** – Colin
06.30-07.15 **Bodyattack** – Rich
06.40-07.25 **Spin - RPM** – Sally R
09.20-10.05 **Spin** – Katie B
09.20-10.05 **Zumba** – Helen H
09.20-10.05 **Bodypump** – Colin
10.25-11.10 **Spin - RPM** – Karen T
10.25-11.10 **Cardio Legs, Bums & Tums** – Helen C
10.25-11.25 **Pole Fitness** – Helen
11.30-12.20 **Bodybalance** – Colin
17.30-18.15 **Body Combat** – Colin
17.30-18.15 **Bodypump** – Karen T
18.00-19.00 **Pole Fitness - Choreo** – Sarah
18.20-19.05 **Sh’bam** – Jo C
18.25-18.55 **Express Spin** – Colin
18.30-19.15 **Strong by Zumba** – Jo L
19.00-19.50 **Spin - RPM** – Sally R
19.00-20.00 **Pole Fitness** – Sarah
19.00-20.00 **Popmo** – Celia
19.10-19.55 **Weightloss Bootcamp** – Tina L M
19.20-20.05 **Bodyattack** – Colin
20.00-20.50 **Spin - Schwinn** – Mark T

Wednesday

06.30-07.00 **Abs and Core** – Sue T
06.30-07.15 **Bodypump** – Rich
07.05-07.50 **Bootcamp** – Sue T
08.00-09.00 **Qigong** – Jan
09.20-10.05 **Bodycombat** – Jo C
09.20-10.05 **Pilates** – Wendy A
09.20-10.05 **Spin - RPM** – Sally B
09.20-10.05 **Tone & Tighten** – Janie
10.25-11.10 **Pilates** – Wendy A
10.25-11.10 **Freestyle Fitness Yoga** – Jo C
10.25-11.10 **Bodypump** – Karen T
10.25-11.25 **Pole Fitness** – Sarah
11.15-12.15 **Chair Based Pilates** – Wendy A
11.30-12.15 **Zumba** – Helen H
17.30-18.15 **P90X** – Stewart
18.00-19.00 **Pole Fitness** – Charlotte
18.00-19.00 **Yoga** – Karina
18.00-19.00 **Spin - RPM** – Sally B
18.20-19.05 **Boxercise** – Dave H
19.05-19.50 **Spin** – Rick
19.15-20.00 **Cardio Legs, Bums & Tum** – Vikki
19.20-20.05 **Bodyattack** – Fiona
19.30-20.15 **Bodyjam** – Wendy
20.10-20.55 **Bodypump** – Fiona

M ● S1
M RA
M ● S1
M S1
H J RA
M S2
A RA
A J S1
M S2
M PS
A MH
M J S1
A J S1
M ● S2
M PS
A J S1
M S2
M RA
H J S1
M PS
M RA
M ● S2
M ● S1
A J S1

Thursday

06.00-06.45 **GRIT** – Rich
06.45-07.30 **Bodycombat** – Rich
06.45-07.30 **Spin Freestyle** – Sue T
09.20-10.05 **Spin - RPM** – Karen T
09.20-10.05 **Bodyattack** – Katie B
09.20-10.05 **Body Conditioning** – Norma
10.25-11.10 **Weightloss Bootcamp** – Karen T
10.25-11.10 **Bodybalance** – Ruby
10.25-11.25 **Pole Fitness - Beginners** – Sarah
10.45-11.45 **Chair Based Pilates** – Caroline
11.30-12.15 **Bodypump** – Jemma
17.30-18.30 **Yoga** – Emma
17.45-18.30 **Bodybalance** – Sally B
18.00-19.00 **Pole Fitness - Choreo** – Charlotte
18.15-19.00 **Spin - RPM** – Sally R
18.35-19.20 **Bodycombat** – Lucie D
18.40-19.25 **Bodypump** – Sally B
19.00-20.00 **Pole Fitness - Spin** – Helen
19.00-21.00 **Adult Trampolineing** – Becky/Debbie
19.25-20.25 **Bodyattack** – Rich
19.30-20.15 **Sh’bam** – Jo C
19.30-20.20 **Spin Freestyle** – Simon

Friday

06.30-07.15 **Freestyle Spin** – Sue T
06.30-07.15 **Bodypump** – Dave H
07.20-07.50 **Abs and Core** – Dave H
09.20-10.05 **Spin - RPM** – Karen T
09.20-10.05 **Cardio Legs, Bums & Tum** – Katie B
10.25-11.10 **Bodypump** – Karen T
10.25-10.55 **Express Spin** – Katie B
11.30-12.15 **Pilates** – Ulala
17.00-17.30 **Cx Worx** – Norma
17.30-18.15 **Spin - Schwinn** – Sue T
17.35-18.20 **Bodyattack** – Aurelie/Jodie
18.30-19.15 **Bodypump** – Sally B
18.30-19.15 **Sh’bam** – Rich
19.15-20.00 **Bodyjam** – Wendy

Saturday

07.30-08.15 **Spin** – Mark J
08.20-08.50 **H.I.T Spin** – Mark J
08.30-09.15 **Sh’bam** – Sally D
08.30-09.15 **Bodypump** – Jo C
09.00-09.50 **Spin - RPM** – Sally R
09.30-10.15 **Bodycombat** – Sally D
09.20-10.05 **Cardio Legs, Bums & Tum** – Vikki
10.00-10.30 **30 Min Spin** – Sally R
10.15-11.00 **Bodyattack** – Colin
10.20-11.05 **Bodybalance** – Sally D
10.20-11.20 **Pole Fitness - Choreo** – Sarah/Charlotte
11.05-11.35 **Cx Worx** – Colin

Sunday

09:00-09:50 **Step and Conditioning** – Karen
09.00-09.45 **Spin - Freestyle** – Jordan
09.45-10.45 **Pole Fitness** – Helen
10.00-10.45 **Piloxing** – Sally D
10.50-11.35 **Bodycombat** – Sally D
11.40-12.10 **Abs and Core** – Sally D
17.00-17.45 **Sh’bam** – Rich

A S1
H J S1
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M S2
H J S1
A J RA
A J RA
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H J S1
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H J S1
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H S2
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H J S1
M J RA
M PS

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M J S1
H J S1
M ● S1
A J RA

Monday

06.30-07.00 **H.I.T Spin** – Sue T
06.30-08.00 **Adult Swim Coaching** – Graham
07.05-07.50 **Spin - Freestyle** – Sue T
09.15-10.00 **Bodypump** – Dave H
09.15-10.00 **Showtime Dance** – Su F
10.05-10.50 **Bodycombat** – Lucie D
10.10-10.40 **Cx Worx** – Dave H
10.55-11.40 **Freestyle Fitness Yoga** – Jo C
11.45-12.30 **Clinical Fitness** – Bennie
11.45-12.40 **Bodybalance** – Ruby
12.10-12.55 **Aqua Aerobics** – Jodie
12.45-13.45 **Pilates** – Ruby
13.00-13.45 **Aqua Aerobics** – Charlotte
14.00-15.00 **50+ Keep Fit** – Sally R
17.00-17.45 **Bodypump** – Jo M
17.00-17.45 **Spin - Freestyle** – Helen C
17.50-18.20 **Cx Worx** – Jo M
18.00-18.45 **Spin - RPM** – Colin
18.15-19.00 **Aqua Aerobics** – Helen C
18.25-19.10 **Bodyattack** – Rich
18.30-19.00 **GRIT Athletic** – Jo M
19.10-19.55 **Bodybalance** – Jo M
19.15-20.00 **Bodycombat** – Rich

Tuesday

06.30-07.15 **Bodypump** – Charlotte
06.45-07.15 **Kettlebells/Powerbag** – Courtney
06.45-07.30 **Spin - Freestyle** – Sue T
07.40-08.25 **Aqua Aerobics** – Charlotte
09.00-09.30 **GRIT Strength** – Bella
09.15-10.00 **Spin Circuits** – Sarah P
09.30-10.00 **GRIT Cardio** – Bella
10.05-10.50 **Bodypump** – Sarah P
11.00-11.45 **Bodycombat** – Dave H
11.10-12.10 **Pilates** – Sarah P
11.50-12.20 **Cx Worx** – Dave H
12.15-13.00 **Aqua Aerobics** – Helen H
12.30-13.30 **Ashtanga Yoga** – Christie
14.00-15.00 **50+ Keep Fit** – Sally R
15.10-16.50 **Over 50’s Table Tennis**
17.00-17.45 **Bodypump** – Aurelie
17.05-17.35 **Cx Worx** – Dave H
17.30-18.15 **Adult Swim Coaching** – Spencer & Helen
17.40-18.25 **Boxercise** – Dave H
17.50-18.35 **Bodyattack** – Peter
18.15-19.00 **Adult Swim Coaching** – Spencer & Helen
18.30-19.15 **Sh’bam** – Wendy
18.40-19.25 **GRIT** – Nicole
19.30-20.15 **Bodypump** – Jo C
19.30-20.15 **Spin - Schwinn** – Sue T
20.30-21.15 **Weightloss Bootcamp** – Helen C

Wednesday

06.30-07.00 **H.I.T Spin** – Helen C
06.30-08.00 **Adult Swim Coaching** – Andy
06.45-07.15 **GRIT Athletic** – Jo M
07.05-07.50 **Spin - Freestyle** – Helen C
07.20-07.50 **GRIT Strength** – Jo M
09.30-10.15 **Spin - Freestyle** – Jo M
10.15-11.00 **Tone** – Wendy
10.35-11.35 **Yoga** – Ulala
11.05-11.35 **CX Worx** – Colin
11.40-12.25 **Sh’bam** – Sheree

H S2
M J P
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A J S2
H J S1
M ● S2
A J S1
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A J P
H J S1
H ● GY
A J S2
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H ● GY
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H S2
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H ● GY
M S2
H ● S1
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M J S1
A S2
M ● S1
A J S2

Wednesday (continued)

11.40-12.40 **Bodybalance** – Colin
12.10-12.55 **Aqua Bootcamp** – Helen C
12.50-13.50 **Over 50’s Keep Fit** – Sally R
14.00-15.00 **Pilates** – Ulala
17.00-17.45 **Bodypump** – Rick
17.50-18.35 **Bodyattack** – Rick
18.00-18.50 **Spin - Schwinn** – Sue T
19.00-19.45 **Spin - Schwinn** – Sue T
19.15-20.00 **Aqua Aerobics** – Kate
19.25-20.10 **Bodycombat** – Dave H
20.10-21.10 **Bodybalance** – Colin

Thursday

06.45-07.15 **Kettlebells/Powerbag** – Courtney
06.45-07.30 **Spin - RPM** – Colin
06.45-07.30 **Bodypump** – Jemma
07.40-08.25 **Aqua Aerobics** – Charlotte
09.10-10.10 **50+ Short Mat Bowls &Table Tennis** – Sally R
09.30-10.15 **Spin Circuits (NT)** – Janie
10.15-11.15 **50+ Keep Fit** – Sally R
10.30-11.00 **Abs and Core NEW** – Janie
11.00-11.45 **Tone** – Wendy
11.20-12.05 **Bodypump** – Dave H
11.45-12.30 **Sh’bam** – Wendy
12.10-12.55 **Deep Water Aqua** – Janie
12.30-13.30 **Hatha Yoga** – Martina
13.00-13.45 **Aqua Aerobics** – Janie
13.45-14.45 **Clinical Fitness** – Bennie
17.15-18.00 **Sh’bam** – Charlotte
17.00-17.30 **Abs and Core** – Dave H
17.30-19.00 **Adult Swim Coaching** – Andy and Michelle
17.30-18.15 **Boxercise** – Dave H
18.00-18.45 **Aqua Aerobics** – Erin
18.10-19.05 **Bodypump** – Charlotte
18.15-19.00 **Zumba** – Jo L
19.10-19.40 **Express Bodyattack** – Charlotte
19.15-20.00 **Spin - RPM** – Colin
19.45-20.30 **Yoga** – Emily

Friday

06.30-07.15 **Sh’bam** – Rich
06.30-07.00 **H.I.T Spin** – Jo M
07.05-07.50 **Spin - Freestyle** – Jo M
07.40-08.25 **Aqua Aerobics** – Katie B
09.15-10.00 **Tabata Bootcamp** – Kerry
10.05-10.35 **Cx Worx** – Kerry
10.05-10.50 **Bodycombat** – Wendy
11.00-11.45 **Zumba** – Sally R
11.15-12.00 **Bodystep** – Wendy
11.50-12.35 **Bodybalance** – Sally R
12.05-12.35 **GRIT Strength** – Jo M
12.10-12.55 **Aqua Aerobics** – Helen H
12.40-13.40 **Pilates** – Miki
13.00-13.45 **Aqua Aerobics** – Janie
13.45-14.30 **Bodypump** – Helen H
17.00-17.45 **Freestyle Spin** – Mark T
17.50-18.50 **Bodypump** – Colin
18.00-18.45 **Bodybalance** – Florence
18.30-19.15 **Deep Water Aqua** – Kate
19.00-20.00 **Adult Swim Coaching** – Andy

A J S1
A J P
A S1
A S1
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H J S1
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A GY
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