

**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	Bodypump – 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	Run club up to 10K – Sue T	A J	RE
10.15-11.15	Bodypump – 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	Bodypump – 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	Bodypump – Dave H/Shelly B	M	S1
17.00-17.45	Deep Water Aqua – Kate	A J	P
17.05-17.50	Bodybalance – Shelly B/Sam	A J	S1
18.00-18.45	Bodycombat (NT) – Dave H/Sam	H 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

**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 – Caroline	A	CH
18.00-19.00	Fitness Pilates – Bennie	A	BA
18.10-18.55	Yoga – 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	AR
18.30-19.30	Yoga – Miki	A	BA
19.00-19.45	Yin Yoga – Christie	A J	AR
19.00-20.00	Mindfulness – Violet	A	OR
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
11.00-12.00	Mother & Baby Yoga (NT) – Emma	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
19.00-20.00	Yoga – Emma	M	CH
19.00-20.00	Mindfulness – Violet	A	OR
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 | OR - Oak Room | PA - Pavilion

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](http://www.southdownsleisure.co.uk)



CLASS TIMETABLES

Effective from 2<sup>nd</sup> September – 31<sup>st</sup> December 2019

Register for online booking and download the app [www.southdownsleisure.co.uk](http://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

**Monday**

18.00-19.00	Bodybalance – Sally R	A J	S
18.05-18.50	Bodycombat – Sally H	H J	MH
19.00-19.45	Sh'bam – Wendy	A J	S
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	Bodypump – 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	Bodypump – Colin	M	SH
18.45-19.30	Strictly Dancing – Kevin	A J	S
19.15-20.15	Circuits – Helen	H	SH

**Friday**

17.30-18.00	Abs and Core – Sally D	M ●	MH
17.45-18.30	Pilates <b>NEW</b> – Chloe	A	S
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

**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

**Wednesday**

17.30-18.15	LBT – Katie B	A J	S
18.20-19.05	Bodypump – 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	Bodypump – Jo M	M	S
09.55-10.25	Abs and Core – Jo M	M ●	S
10.30-11.15	Bodybalance – 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

