

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 – Peter	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	S22

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	A J	S2
10.40-11.25	Aqua Aerobics – Charlotte	A J	P
10.35-11.35	Bodyattack – Rich	H J	S1
11.15-12.15	Yoga – Emily	A	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
18.00-19.00	Adult Swim Coaching – Rota	M	P
18.00-18.45	Bodycombat – Dave H/Sam	H J	S1

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 – 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
17.30-18.15	Bodybalance – Norma	A	AR
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	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
11.00-12.00	Bodybalance – Jo M	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
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 Yoga – Jo C	A J	PA
19.00-20.00	Yoga – Emma	M	CH
19.00-20.00	Mindfulness – 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

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



CLASS TIMETABLES

Effective from 1st January 2020

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 – Sally H	H J	MH
19.00-19.45	Sh'bam – Wendy	A J	S
19.15-20.15	Circuits – Helen	H J	SH

Tuesday

18.00-18.45	Bodycombat – Lucie D	H J	S
18.50-19.20	Abs and Core – Dave H	M ●	S
19.20-20.05	Fitsteps – Rachel	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 – Shelley B	A J	S
18.00-18.50	Bodypump – Colin	M	SH
18.35-19.20	Bodycombat NEW – Gayle	H J	S
19.15-20.15	Circuits – Helen	H J	SH

Friday

17.30-18.00	Abs and Core – Sam	M ●	MH
17.45-18.30	Pilates – Chloe	A	S
18.05-18.50	Bodycombat – Sam	H J	MH

Saturday

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

Worthing Leisure Centre

Tel: 01903 905050

Monday

06.45-07.15	Virtual - Sprint NEW – VR	H ●	S2
06.45-07.15	Bodycombat Express – Dave H	M ●	S1
06.45-07.30	Bodypump – Kevin	M	RA
07.20-07.50	Abs and Core – Dave H	M ●	S1
09.20-10.10	Step and Conditioning – Karen T	M	S1
09.20-10.05	Bodycombat – Jo C	H J	RA
09.20-10.05	The Trip – 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	Stages Flight/Freestyle – Mark	M/H	S2
10.25-11.25	Pole Fitness - Spin – Charlotte	M	PS
10.30-11.15	Baby FIT4 – Tina L M	A	MH
11.15-11.45	Abs and Core – Katie B	A ●	RA
11.30-12.15	Les Mills Tone – Colin	A J	S1

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

12.15-12.45	Virtual - Express RPM NEW – VR	M ●	S2
16.00-16.45	Virtual - RPM NEW – VR	M ●	S2
17.30-18.15	Cardio Legs, Bums & Tums – Katie B	A J	S1
17.45-18.30	Bodycombat NEW – Lucie D	H J	RA
17.45-18.30	Freestyle Indoor Cycling – Sally B	M	S2
18.00-19.00	Pole Fitness - Mixed ability – Helen H	M	PS
18.15-19.00	Weightloss Bootcamp – Katie B	A J	S1
18.35-19.20	The Trip – Emily	M	S2
18.45-19.40	Bodypump – Sally B	M	RA
19.00-20.00	Pole Fitness - Mixed ability – Helen H	M	PS
19.00-19.45	Bodyattack – Peter	H J	S1
19.35-20.20	Stages Flight/Freestyle – Sue T	M/H	S2
19.45-20.30	Bodypump – Rachel C	M	RA
19.50-20.20	CX Worx – Colin	M ●	S1
20.20-21.05	Bodybalance – Colin	A J	S1

(continued overleaf)

Tuesday

06.00-06.45	GRIT NEW	Rich
06.30-07.15	Bodybump	Colin
06.45-07.30	Bodyattack (NT)	Rich
06.40-07.25	RPM	Sally R
07.30-08.15	Virtual - The Trip NEW	VR
09.20-10.05	Stages Flight/Freestyle	Katie B
09.20-10.05	Zumba	Helen H
09.20-10.05	Bodybump	Colin
10.25-11.25	Pole Fitness - Mixed ability	Helen H
10.25-11.10	Bodyattack	Katie B
10.25-11.10	The Trip	Karen T
10.25-11.10	Cardio Legs, Bums & Tums	Helen C
11.30-12.20	Bodybalance	Colin
12.15-12.45	Virtual - Sprint NEW	VR
17.30-18.15	RPM	Sally R
17.30-18.15	Bodycombat	Colin
17.30-18.15	Bodybump	Karen T
18.00-19.00	Pole Fitness - Mixed ability	Sarah D
18.20-19.05	Sh'bam	Jo C
18.35-19.10	The Trip	Colin
18.30-19.15	Strong by Zumba	Jo L
19.00-20.00	Pole Fitness - Cheoreo	Sarah D
19.00-20.00	Popmo	Celia
19.10-19.55	Weightloss Bootcamp	Tina L M
19.20-20.05	Bodyattack	Colin
19.20-19.50	Express Stages Flight	Mark T
20.00-20.50	Stages Flight/Freestyle	Mark T

Wednesday

06.30-07.00	Abs and Core	Sue T
06.30-07.15	Bodybump	Rich
06.45-07.30	The Trip	Colin
07.05-07.50	Bootcamp	Sue T
07.45-08.30	Virtual - RPM NEW	VR
09.20-10.05	Bodycombat	Jo C
09.20-10.05	Pilates	Wendy A
09.20-10.05	RPM	Sally B
09.20-10.05	Tone & Tighten	Janie
10.25-11.25	Pole Fitness - Mixed ability	Sarah D
10.25-11.10	Pilates	Wendy A
10.25-11.10	The Trip	Dave H
10.25-11.10	Freestyle Fitness Yoga	Jo C
10.25-11.10	Bodybump	Karen T
11.15-12.15	Chair Based Pilates	Wendy A
11.30-12.30	Weightloss Management	Jo C
11.30-12.15	Tabata Boxercise	Dave H
11.30-12.15	Zumba	Helen H
12.15-12.45	Virtual - Sprint NEW	VR
17.15-18.00	The Trip	Dave H
17.30-18.15	P90X	Stewart
18.00-19.00	Pole Fitness - Beginner	Charlotte
18.00-19.00	Yoga	Karina
18.05-19.05	RPM	Sally B
18.20-19.05	Boxercise	Dave H
18.20-19.05	Boxercise	Dave H
19.10-19.55	Stage Beats NEW	Rick
19.15-20.00	Cardio Legs, Bums & Tum	Vikki
19.15-20.00	Bodyjam (NT)	Wendy
19.20-20.05	Bodyattack	Fiona
20.10-20.55	Bodybump	Fiona

Thursday

06.00-06.45	GRIT	Rich
06.45-07.30	Bodycombat	Rich
06.45-07.30	Stages Flight/Freestyle	Sue T
07.45-08.30	Virtual - The Trip NEW	VR
09.20-10.05	RPM	Karen T
09.20-10.05	Bodyattack	Katie B
09.20-10.05	Body Conditioning	Norma
10.00-10.45	Baby FIT4	Tina L M

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

Thursday (continued)

10.25-11.25	Pole Fitness - Beginner	Sarah D
10.25-11.10	Weightloss Bootcamp	Karen T
10.25-11.10	The Trip	Jo M
10.25-11.10	Bodybalance	Ruby
10.45-11.45	Chair Based Pilates	Caroline P
11.20-12.05	Sh'bam	Sheree
11.30-12.15	Bodybump	Jemma
12.15-12.45	Virtual - Express RPM NEW	VR
17.30-18.15	The Trip	Mark J
17.30-18.30	Yoga	Emma
17.45-18.30	Bodybalance	Sally B
17.50-18.35	GRIT	Nicole
18.00-19.00	Pole Fitness - Mixed ability	Charlotte
18.20-19.05	RPM	Sally R
18.35-19.20	Bodybump (NT)	Sally B
18.40-19.25	Bodycombat (NT)	Lucie D
19.00-20.00	Pole Fitness	Helen H
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	Freestyle Indoor Cycling	Simon

Friday

06.30-07.15	The Trip	Jo M
06.30-07.15	Bodybump	Dave H
07.20-07.50	Abs and Core	Dave H
07.30-08.15	Virtual - Sprint NEW	VR
09.20-10.05	The Trip	Karen T
09.20-10.05	Cardio Legs, Bums & Tum	Katie B
10.25-11.10	Bodybump	Karen T
10.25-10.55	Express Stages Flight/Freestyle	Katie B

Pole Fitness - Mixed ability **NEW**

11.00-12.00		Helen H
17.00-17.30	CX Worx	Norma
17.30-18.15	Stages Flight/Freestyle	Sue T
17.30-18.15	Bodybump (NT)	Sally B
17.35-18.20	Bodyattack	Aurelie/Jodie
18.30-19.15	Sh'bam	Rich
19.15-20.00	Bodyjam	Wendy

Saturday

07.30-08.15	Stages Flight/Freestyle	Mark J
07.40-08.25	Bodystep	Colin
08.25-09.10	The Trip	Mark J
08.30-09.15	Sh'bam	Wendy/Sheree
08.30-09.20	Bodybump (NT)	Jo C
09.15-10.00	RPM	Sally R
09.20-10.05	Cardio Legs, Bums & Tum	Vikki
09.30-10.15	Bodycombat	Sally D
10.05-10.35	Express Indoor Cycling	Sally R
10.15-11.00	Bodyattack	Colin
10.20-11.20	Pole Fitness - Mixed ability	Sarah D/Charlotte
10.20-11.05	Bodybalance	Sally D
11.05-11.35	Virtual - Sprint NEW	VR
11.05-11.35	CX WORX	Colin

Sunday

08.30-09.00	Bodybump Express	Karen T
09.05-09.50	Step and Conditioning	Karen T
09.00-09.45	Freestyle Indoor Cycling	Jordan
09.45-10.45	Pole Fitness - Spin	Helen H
10.00-10.45	The Trip	Karen T
10.00-10.45	Piloxing	Sally D
10.50-11.35	Bodycombat	Sally D
11.00-11.45	Virtual - RPM NEW	VR
11.40-12.10	Abs and Core	Sally D
17.00-17.45	Virtual - The Trip NEW	VR
17.00-17.45	Sh'bam	Rich

M	PS
A J	RA
M	S2
A J	S1
A J	BR
A J	S1
M	RA
M ●	S2
M	S2
A	SH
A J	S1
H	RA
M	PS
M	S2
M	RA
H J	S1
M	PS
A	MH
H J	S1
A J	RA
M/H	S2

M	S2
M	RA
M ●	RA
H ●	S2
M	S2
M J	RA
M	RA
M/H ●	S2

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

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

M J ●	S1
M	S1
M/H	S2
M	PS
M	S2
M J	S1
H J	S1
M	S2
M ●	S1
M	S2
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	Bodybump	Dave H
09.15-10.00	Showtime Dance	Sue F
10.05-10.50	Bodycombat	Lucie D
10.10-10.40	Cx Worx	Dave H
11.45-12.30	Clinical Fitness	Bennie
10.55-11.40	Freestyle Fitness Yoga	Jo C
11.45-12.40	Bodybalance	Ruby
12.10-12.55	Aqua Aerobics	Charlotte
12.45-13.45	Pilates	Ruby
13.00-13.45	Aqua Aerobics	Katie B
14.00-15.00	50+ Keep Fit	Sally R
17.00-17.45	Bodybump	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
20.05-20.50	Bodybump	Shelly

Tuesday

06.30-07.15	Bodybump	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	Bodybump	Sarah P
10.10-10.55	Bodyjam	Wendy
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	Bodybump	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	Bodybump	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
06.30-07.15	Bodycombat	TBC
06.45-07.15	GRIT Athletic	Jo M
07.05-07.50	Spin - Freestyle	Helen C
07.20-07.50	GRIT Strength	Jo M
09.15-10.10	Bodybump	Helen H
09.30-10.15	Spin - Freestyle	Jo M
10.15-11.00	Les Mills 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
M	S2
M	S1
A J	S2
H J	S1
M ●	S2
A	S2
A J	S1
A J	S1
A J	P
A	S1
A J	P
A	S1
M	S1
M	S2
M ●	S1
M	S2
A J	P
H J	S1
H ●	GY
A J	S2
H J	S1
M	S1

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

M	S2
H J	S1
M	P

A J	S2
H	S1
M	S1
M	S2
A J	S1

H	S2
M	P
H J	S1
H ●	GY
M	S2
H ●	S1
M	S1
M	S2
A 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	Barre Fusion	Bennie
17.00-17.45	Bodybump	Rick
17.50-18.35	Bodyattack	Aurelie
18.00-18.50	Spin - Schwinn	Sue T
18.35-19.20	Les Mills Tone	Rich
19.15-20.00	Aqua Aerobics	Janie
19.25-20.10	Bodycombat	Rich
19.00-19.45	Spin - Schwinn	Sue T
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	Bodybump	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	Janie
10.15-11.15	50+ Keep Fit	Sally R
10.30-11.00	Abs and Core	Janie
11.00-11.45	Les Mills Tone	Wendy
11.20-12.05	Bodybump	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
17.00-17.30	Abs and Core	Dave H
17.15-18.00	Sh'bam	Charlotte
17.30-19.00	Adult Swim Coaching	Andy & Michelle

17.30-18.15	Boxercise	Dave H
18.00-18.45	Aqua Aerobics	Erin
18.10-19.05	Bodybump	Charlotte
18.15-19.00	Zumba	Jo L
19.10-19.40	Express Bodyattack	Charlotte
19.15-20.00	Stage Beats NEW	Rick
19.45-20.30	Yoga	Emily

Friday

06.30-07.15	Sh'bam – Rich
06.30-07.00	H.I.T Spin – Sue T
07.05-07.50	Spin – Freestyle – Sue T
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	Dance Fitness – 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 – Nicky
12.40-13.40	Pilates – Miki
13.00-13.45	Aqua Aerobics – Janie
13.45-14.30	Bodypump – Helen H
17.00-17.45	Les Mills Tone – Colin
17.00-17.45	Freestyle Spin – Mark T
17.50-18.20	Stages Beats NEW – Ant
17.50-18.50	Bodypump – Colin
18.30-19.15	Deep Water Aqua – Kate
18.35-19.20	Bodybalance (NT) – Ant/Florence
19.00-20.00	Adult Swim Coaching – Andy