

# Workout Class Timetable

## Timetable from 1st March 2025

| MON   | TUE   | WED   | THU   | FRI  | SAT   | SUN   |
|---|---|---|---|--|---|---|
| 09:25-10:10<br><b>INDOOR CYCLING</b><br>Studio  | 09:15-10:10<br><b>TAI CHI</b><br>Studio   | 09:15-10:00<br><b>INDOOR CYCLING</b><br>Studio  | 09:15-10:00<br><b>DANCE FITNESS</b><br>Studio   | 06:45-07:30<br><b>BODY PUMP</b><br>Sports Hall   | 07:15-08:00<br><b>AQUA FIT</b><br>Gala Pool   | 07:15-08:00<br><b>AQUA FIT</b><br>Gala Pool   |
| 10:25-11:20<br><b>LBT</b><br>Studio   | 09:30-10:15<br><b>BODY CONDITIONING</b><br>Sports Hall  | 10:30-11:15<br><b>YOGA</b><br>Studio  | 09:30-10:15<br><b>BODY COMBAT</b><br>Sports Hall  | 09:15-10:00<br><b>BODY CONDITIONING</b><br>Sports Hall   | 07:40-08:25<br><b>INDOOR CYCLING</b><br>Gala Pool   | 08:15-09:00<br><b>BODY PUMP</b><br>Sports Hall  |
| 10:45-11:15 <br><b>CORE BLAST SMART START</b><br>Sports Hall/Gym | 10:30-11:15<br><b>PILATES</b><br>Studio   | 10:45-11:15 <br><b>CIRCUITS SMART START</b><br>Sports Hall/Gym | 10:15-11:00<br><b>PILATES</b><br>Studio   | 10:05-11:00<br><b>BODY BALANCE</b><br>Studio   | 08:40-09:25<br><b>BODY COMBAT</b><br>Studio   | 09:15-10:00<br><b>INDOOR CYCLING</b><br>Studio  |
| 11:30-12:25<br><b>BODY BALANCE</b><br>Studio  | 10:45-11:15 <br><b>TRX SMART START</b><br>Sports Hall/Gym        | 11:35-12:20<br><b>DANCE FITNESS</b><br>Studio   | 10:30-11:25<br><b>BODY PUMP</b><br>Sports Hall  | 10:30-11:25<br><b>ZUMBA</b><br>Sports Hall   | 09:45-10:40<br><b>YOGA</b><br>Studio  | 10:45-11:15 <br><b>CIRCUITS SMART START</b><br>Sports Hall/Gym |
| 12:30-13:15<br><b>AQUA SPLASH</b><br>Training Pool  | 11:30-12:25<br><b>CHI BALL</b><br>Studio  | 12:30-13:15<br><b>AQUA SPLASH</b><br>Training Pool  | 11:15-12:00<br><b>YOGA</b><br>Studio  | 11:15-12:10<br><b>TAI CHI</b><br>Studio  | 10:45-11:15 <br><b>CORE BLAST SMART START</b><br>Sports Hall/Gym |   |
| 12:40-13:25<br><b>DANCE FITNESS</b><br>Studio   | 12:30-13:15<br><b>AQUA SPLASH</b><br>Training Pool  | 17:30-18:00 <br><b>TRX SMART START</b><br>Sports Hall/Gym      | 11:30-12:00 <br><b>DEADLIFT SMART START</b><br>Sports Hall/Gym   | 11:30-12:00 <br><b>SQUAT SMART START</b><br>Sports Hall/Gym |   |   |
| 13:45-14:30<br><b>60+ STRENGTH &amp; TONE</b><br>Studio   | 17:30-18:00 <br><b>CORE BLAST SMART START</b><br>Sports Hall/Gym | 18:00-18:55<br><b>BODY BALANCE</b><br>Studio  | 12:30-13:15<br><b>AQUA SPLASH</b><br>Training Pool  | 12:20-13:15<br><b>YOGA</b><br>Studio   |   |   |
| 17:30-18:00 <br><b>CORE BLAST SMART START</b><br>Sports Hall/Gym | 17:45-18:30<br><b>INDOOR CYCLING</b><br>Studio  | 18:00-18:55<br><b>BODY PUMP</b><br>Sports Hall  | 13:45-14:30<br><b>60+ STRENGTH &amp; TONE</b><br>Studio   | 17:30-18:15<br><b>BODY COMBAT</b><br>Sports Hall   |   |   |
| 18:00-18:45<br><b>BODY BALANCE</b><br>Studio  | 18:30-19:15<br><b>BODY PUMP</b><br>Sports Hall  | 19:15-20:00<br><b>STEP AEROBICS</b><br>Sports Hall  | 17:30-18:00 <br><b>CORE BLAST SMART START</b><br>Sports Hall/Gym | 18:30-19:25<br><b>BODY PUMP</b><br>Sports Hall   |   |   |
| 18:15-19:00<br><b>LEGS, BUMS &amp; TUMS</b><br>Sports Hall  | 19:05-19:50<br><b>AQUA FIT</b><br>Gala Pool   |   | 18:15-19:00<br><b>STEP AEROBICS</b><br>Sports Hall  |  |   |   |
| 19:15-20:00<br><b>BODY COMBAT</b><br>Sports Hall  | 19:30-20:25<br><b>BODY COMBAT</b><br>Sports Hall  |   | 19:00-19:45<br><b>AQUA FIT</b><br>Gala Pool   |  |   |   |
| 19:00-19:45<br><b>INDOOR CYCLING</b><br>Studio  | 20:00-20:45<br><b>AQUA FIT</b><br>Gala Pool   |   | 19:15-20:10<br><b>CIRCUITS</b><br>Sports Hall   |  |   |   |

### Top Tips!

Remember to scan your card at reception to register attendance and avoid non attendance charges.

Please remember to inform your instructor at the start of the class if you have an injury and bring a pre-filled bottle of water.

We hope you enjoy your class



This symbol shows a SmartStart class. SmartStart classes are perfect for someone who is just starting on their fitness journey, or who is returning after time away. Our instructors will support you to get the best possible start.

Classes can be booked from 9am up to 7 days in advance at reception in person or by calling 01323 738822. Or from 7am 8 days in advance online via our website [eastbourneleisure.co.uk](http://eastbourneleisure.co.uk)