



Tuesday 24th December

Start Time	Class Length	Focus	Class
Morning Session			
08:30	45 mins		Les Mills BodyPump
09:30	45 mins		Les Mills BodyCombat +
10:30	45 mins		Fitness Pilates
10:30	45 mins		Functional Strength





Downs Leisure Centre Christmas Opening Hours

Tuesday 24th December 08:00 - 15:00
 Wednesday 25th December Closed
 Thursday 26th December Closed

Friday 27th to Monday 30th December
 Downs Leisure Centre will be open as
 normal, with your usual classes
 available.

Tuesday 31st December 08:00 - 15:00
 Wednesday 1st January Closed

Tuesday 31st December

Start Time	Class Length	Focus	Class
Morning Session			
08:30	45 mins		Les Mills BodyPump
09:30	45 mins		Core Fusion
10:30	60 mins		Yoga Flow
10:30	45 mins		Functional Fit

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

The class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing. For full class descriptions visit www.waveactive.org. Please note timetable subject to change.



- Cardio



- Dance



- High Intensity Interval Training (HIIT)



- Holistic



- Strength & Core



- Water Based