

Steyning Leisure Centre

MONDAY

9.25am – 10.25am	Body Pump
9.30am – 10.30am	Aqua Fit
10.30am – 11.30am	Low Intensity Aqua
10.30am – 11.30am	Body Balance
3.30pm – 5.00pm	Teen Gym
6.00pm – 7.00pm	Body Step
7.00pm – 8.00pm	Body Pump



TUESDAY

9.25am – 10.25am	Zumba
9.30am – 10.30am	Gym Fit
10.30am – 11.30am	Pilates
3.30pm – 5.00pm	Teen Gym
6.05pm – 6.50pm	Studio Cycling
7.00pm – 8.00pm	Circuits
7.00pm – 8.00pm	Aqua Fit
8.00pm – 9.00pm	Zumba*



WEDNESDAY

10.45am – 11.45pm	Fit n Fifty
3.30pm – 5.00pm	Teen Gym
6.00pm – 7.00pm	Body Pump
7.00pm – 8.00pm	Yoga In Motion
8.00pm – 9.00pm	Boxercise
8.00pm – 9.00pm	Zumba*

THURSDAY

9.25am – 10.25am	Body Step
9.30am – 10.30am	Gym Fit
10.30am – 11.30am	Zumba
3.30pm – 5.00pm	Teen Gym
6.05pm – 6.50pm	Studio Cycling
7.00pm – 8.00pm	Legs, Bums & Tums
8.00pm – 9.00pm	Boxercise



FRIDAY

9.25am – 10.25am	Body Pump
10.30am – 11.30am	Aqua Fit
10.30am – 11.30am	Legs Bums & Tums



SATURDAY

9.15am – 9.30am	Body Pump Technique Class
9.30am – 10.30am	Body Pump

Functional Training

We offer a selection of short courses to add variety to your workouts including Kettlebells, ViPR, MMA, Bootcamp, Snow Fit and more - ask an instructor for more information

Class Descriptions

Aqua Fit

Water based aerobics class incorporating aerobic and conditioning exercises, suitable for all levels.

Body Balance

A yoga, tai chi, pilates workout for flexibility, strength and tranquility

Body Pump

Get in shape with this world famous resistance training class, suitable for all abilities

Body Step

A simple, aerobic workout using the step that is fun, challenging and easy to follow

Boxercise

A fun session using boxing pads, mitts and training exercises

Circuits

A conditioning class that help to improve cardio fitness as well as improving strength and tone.

Fit n Fifty

A low impact aerobics class with a stretch and relax to finish.

Gym Fit

An instructor led session based in the gym, try new equipment and exercises.

Legs Bums and Tums

Classic conditioning class for those problem areas

Low Intensity Aqua

Ideal for those new to exercise who want a gentler workout.

Pilates

Focussing on core strength, stability, flexibility and stamina to improve posture.

Studio Cycling

An aerobic workout using stationery bikes to simulate climbs and sprints, a great calorie burner.

Teen Gym

An introduction to kinetika gym for 11 – 15 year olds. Inductions are required, must be booked in advance.

Yoga In Motion

A range of slow moving exercises to music to increase flexibility and balance.

Zumba

A fusion of latin rhythms and easy to follow dance moves that create a one off kind of workout.

* denotes class in large hall.

CANCELLATION POLICY We operate a cancellation policy to ensure maximum availability of class spaces. Please refer to our cancellation policy leaflet available from reception.



The Pavilions In The Park
Hurst Road
Horsham
West Sussex
RH12 2DF
Tel: 01403 219200
Type Talk: 18001 01403 219200
Fax: 01403 219203

enquiries@thepavilionsinthepark.co.uk
www.thepavilionsinthepark.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.80	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling	£0.00	£6.25	£3.65
Core Stability	£0.00	£6.00	£3.65
Ab Fit	£0.00	£3.15	
Aqua Fit	£0.00	£4.50	£3.65



Broadbridge Heath Leisure Centre
Wickhurst Lane
Horsham
West Sussex
RH12 3YS
Tel: 01403 211311
Type Talk: 18001 01403 211311
Fax: 01403 273970

enquiries@broadbridgeheathleisurecentre.co.uk
www.broadbridgeheathleisurecentre.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.60	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling (45)	£0.00	£6.25	£3.65
Studio Cycling (1hr)	£0.00	£6.75	£3.65



Steyning Leisure Centre
Horsham Road
Steyning
West Sussex
BN44 3AA
Tel: 01903 879666
TypeTalk: 18001 01403 879666
Fax: 01903 879469

Prices

	kinetika	Pay As You Go	LAC**
All Classes	£0.00	£5.80	£3.65
Aqua Fit	£0.00	£5.80	£3.65
Yoga/Pilates	£0.00	£6.15	£3.65
14+ Junior Gym	£0.00	£3.00	
Studio Cycling	£0.00	£6.15	£3.65

enquiries@steyningleisurecentre.co.uk
www.steyningleisurecentre.co.uk



Billingshurst Leisure Centre
Station Road
Billingshurst
West Sussex
RH14 9RY
Tel: 01403 787500
Type Talk: 1800101403 787500
www.billingshurstleisurecentre.co.uk
enquiries@billingshurstleisurecentre.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All Classes*	£0.00	£5.80	£3.65
Pilates/Yoga	£0.00	£6.15	£3.65
AquaFit	£0.00	£5.80	£3.65

Timetable available in large format. Contact reception to request your copy.

**LAC- Horsham District Council Leisure Access Card. Contact on 01403 215263 for further information
Please note our timetables can change at anytime without prior notice to our customers.