

# CLASS TIMETABLE



## Monday

TIME	CLASS	INSTRUCTOR	VENUE
10:15-11:15	Chair-Based Pilates	Enzo	Findon Valley Free Church
12:30-13:30	Chair-Based Yoga	Jo	Sidney Walter Centre
12:30-13:30	Keep Active Circuit	Courtney	Lancing Methodist Church

## Tuesday

TIME	CLASS	INSTRUCTOR	VENUE
15:00-16:00	Strong and Steady	Marie	Sidney Walter Centre

## Wednesday

TIME	CLASS	INSTRUCTOR	VENUE
10:15-11:15	Keep Active	Roo	Palatine Park Clubhouse
11:30-12:30	Strong and Steady	Roo	Palatine Park Clubhouse
12:00-13:00	Chair-Based Pilates	Enzo	Sidney Walter Centre
12:45-13:45	Chair-Based Yoga	Jo	Palatine Park Clubhouse

## Thursday

TIME	CLASS	INSTRUCTOR	VENUE
11:30-12:30	Chair-Based Pilates	Enzo	East Worthing Community Centre
13:30-14:30	Chair-Based Keep Active	Courtney	Lancing Methodist Church

## Friday

TIME	CLASS	INSTRUCTOR	VENUE
11:30-12:30	Keep Active	Marie	Palatine Park Clubhouse
12:45-13:45	Chair-Based Pilates	Enzo	Palatine Park Clubhouse

Please note that gym services and classes will not run on bank holidays

# GYM TIMES



## Monday

TIME	VENUE
14:00-16:00	Sidney Walter Centre

## Tuesday

TIME	VENUE
8:30-16:00	Sidney Walter Centre
17:00-19:00	Worthing High School

## Wednesday

TIME	VENUE
13:00-16:00	Sidney Walter Centre
17:00-19:00	Sidney Walter Centre

## Thursday

TIME	VENUE
8:30-16:00	Sidney Walter Centre
17:00-19:00	Worthing High School

## Friday

TIME	VENUE
13:00-16:00	Sidney Walter Centre

Please note that gym services and classes will not run on bank holidays

# VENUE ADDRESSES



## **Palatine Park Clubhouse**

114 Palatine Road  
Goring by Sea  
Worthing  
BN12 6JN

## **The Sidney Walter Centre**

Sussex Rd  
Worthing  
BN11 1DS

## **Worthing High School**

Gym Suite  
South Farm Road  
Worthing  
BN14 7AR

## **Lancing Methodist Church**

96 Chester Avenue  
Lancing  
BN15 8PF

## **Findon Valley Free Church**

1-11 Lime Tree Avenue  
Worthing  
BN14 0DJ

## **East Worthing Community Centre**

Pages Lane  
Worthing  
BN11 2NQ

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