

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 Circuit | Kez | Palatine Park Clubhouse |
| 11:30-12:30 | Strong and Steady | Marie | 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 Circuit | 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

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