

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 Parish Hall

Tuesday

TIME	CLASS	INSTRUCTOR	VENUE
10:15-11:15	Strong and Steady	Marie	The Lovett Hub
12:30-13:30	Rhythm & Resistance	Zuleika	East Worthing Community Centre
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	East Worthing Community 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
14:00-15:00	Boxfit Rehab	Enzo	Palatine Park Clubhouse

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

GYM TIMES



Monday

TIME	VENUE
13:00-16:00	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

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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

The Lovett Hub

Maybridge Square
Worthing
BN12 6HB

Lancing Parish Hall

96-98 South Street (Car Park Entrance -Chester Avenue)
Lancing
BN15 8AJ

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