



teignbridge  
leisure

Class Type	Description
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movement.
Body Combat	An empowering cardio workout inspired by a mixture of martial arts. Unleash your inner warrior.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
Kettlebells	Challenges every muscle in your body with exercises that are different from your normal routine, kettlebell training can breathe new life into your fitness program. Incorporating strength, endurance, power and fun.
Short Tennis	Typically played on a smaller court and for a shorter duration than standard tennis. Short Tennis is ideal for any adult who is new to tennis and may prefer a shorter game as an introduction to the sport or just as a fun activity of its' own.
Clubbercise	Fun easy-to-follow dance workout with rave glow sticks and disco lights. Club anthems from 90s to today's hits.
Prime Life	A low impact session for our more mature clients. An overall body workout through a circuit training program or team sports.
TBT's	A calorie blast session, targeting those troublesome areas with a mix of aerobic and strength exercises.
Aquafit	Very low impact aerobic workout in the water. Helps to maintain stamina, strength & suppleness.
Triathlon Swim Session	Swimming session aimed at triathletes.
Masters Swim Session	Lane swimming with specialised help to improve your technique through drills.
Adult Condition Swim	Lane swimming with specialist coaching to improve your technique through drills.

# DAWLISH LEISURE CENTRE FITNESS CLASS TIMETABLE



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 **Teignbridge**  
DISTRICT COUNCIL  
South Devon

WHAT ARE YOU WAITING FOR?

[teignbridgeleisure.co.uk](http://teignbridgeleisure.co.uk)

# Dawlish Leisure Centre Fitness Class Timetable



	MORNING CLASSES		EVENING CLASSES			
MONDAY	<b>Aquafit</b> 10.00 - 11.00		<b>Kettlebells</b> 17.45 - 18.30	<b>Circuits</b> 19.00 - 20.00		
TUESDAY	<b>Prime Life</b> 08.00 - 09.00	<b>Aquafit</b> 10.00 - 11.00	<b>Body Combat</b> 18.00 - 19.00	<b>Pilates</b> 19.00 - 20.00		
WEDNESDAY	<b>Adult Condition Swim</b> 10.00 - 11.00	<b>Triathlon Swim Session</b> 11.00 - 12.00	<b>TBT</b> 17.45 - 18.45	<b>Circuits</b> 19.00 - 20.00		
THURSDAY			<b>Short Tennis</b> 16.00 - 18.00	<b>Pilates</b> 17.45 - 18.45	<b>Aquafit</b> 19.00 - 19.45	<b>Body Combat</b> 19.00 - 19.45
FRIDAY			<b>Clubbercise</b> 18.00 - 19.00	<b>Circuits</b> 19.00 - 20.00		
SATURDAY	<b>Short Tennis</b> 10.00 - 12.00					
SUNDAY	<b>Aquafit</b> 10.00 - 11.00		<b>Triathlon Swim Session</b> 18.00 - 19.00	<b>Masters Swim Session</b> 19.00 - 20.00		

We have lots of other class at our sister centres.  
Broadmeadow Leisure Centre and Newton Abbot  
Leisure Centre.

View all of our timetables at  
[teignbridgeleisure.co.uk/group-exericse](http://teignbridgeleisure.co.uk/group-exericse)

Book online at:  
[teignbridgeleisure.co.uk/group-exercise](http://teignbridgeleisure.co.uk/group-exercise)

All cancellations must be made 24 hours prior to the  
class starting or a non attendance fee will be charged.

- Mind / body
- Aqua
- Conditioning
- Aerobic / choreography