



# The Place, Pitsea Leisure Centre

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## Weekly Activities as at July 2018

Classes marked \*\* are included in our Full Pulse Membership deal and are also open to non-members at a cost of £4.75 per class.

<b>EVERY DAY</b> (Closed on Bank holidays)	KIDS FUN ZONE (under 8's)	MON-FRI: 9.00am - 7.00pm SATURDAY: 9.00am - 6.00pm SUNDAY: 9.00am - 4.00pm
	PULSE FITNESS CENTRE	MON-FRI: 9.00am – 9.45pm SATURDAY: 9.00am - 6.00pm SUNDAY: 9.00am - 4.00pm

<b>MONDAY - FRIDAY</b>	DAY CENTRE (over 50's) See: <a href="#">Pitsea Activity Centre</a>	9.00am - 4.30pm
	DOLLS & DUDES CRECHE (Ofsted Registered childcare for ages 0 upwards)	9.15am - 2.15pm

<b>MONDAY</b>	BODY BLITZ **	9.30am - 10.30am
	STEP AEROBICS **	10.30am - 11.15am
	TAP & BALLET	3.30pm - 8.00pm
	1640 PRODUCTIONS SINGING LESSONS	4.30pm - 7.30pm
	BOOTCAMP **	6.00pm - 6.45pm
	RYUKYUKAN KARATE	6.00pm - 8.00pm

<b>TUESDAY</b>	LOW AEROBICS **	9.30am - 10.30am
	STRETCH & TONE **	10.30am - 11.30am
	STRETCH & BURN **	6.00pm – 6.45pm

<b>Tuesday continued</b>	PEDAL MANIA INDOOR CYCLING ** (Maximum 10 people. Booking recommended)	6.00pm - 6.45pm
	LBT AEROBICS **	7.00pm – 7.45pm
	((BOUNCE))™ FITNESS CLASS	7.00pm – 8.00pm
	BEGINNERS YOGA CLASS	7.00pm – 8.30pm
	SLIMMING WORLD	7.00pm – 9.00pm
	((BOUNCE))™ FITNESS CLASS	8.00pm – 9.00pm

<b>WEDNESDAY</b>	SLIMMING WORLD	Sessions starting at 9.30am, 5.30pm & 7.15pm
	YOUTH CLUBS: LITTLE MONSTERS - (5-7 year olds) MIGHTY MARVELS - (8-10 year olds)	4.00pm – 5.00pm
	TAP & BALLET	4.30pm - 8.30pm
	'YOUTH UNITY' YOUTH GROUP – (11-19 year olds)	5.00pm - 6.00pm
	TERENCE HIGGINS TRUST - Free HIV Testing for 16+ year olds	5.30pm - 8.30pm
	BODY BURN **	6.00pm - 7.00pm
	COMMUNITY CONNECT	6.30pm - 8.30pm
	KARDY'S FUNK AEROBICS	6.30pm - 7.30pm
	PLACE PUNCH CLASS **	7.00pm - 7.45pm
	WAKARISHIN JU-JITSU	8.00pm - 10.00pm

<b>THURSDAY</b>	WEIGHT WATCHERS	9.15am - 10.15am and 6.00pm - 7.00pm
	STABILITY BALL CLASS ** (Maximum 8 people. Booking recommended)	9.30am - 10.15am

<b>Thursday continued</b>	KETTLE BELL CLASS ** (Maximum 10 people. Booking recommended)	10.30am - 11.15am
	WAKARISHIN JU-JITSU	5.30pm - 7.30pm
	PEDAL MANIA INDOOR CYCLE ** (Maximum 10 people. Booking recommended)	6.30pm - 7.15pm
	S.O.L.A.C.E. PSYCHIC MEETING	7.30pm - 9.30pm
	LOVE YOU BURLESQUE	8.00pm - 9.00pm
	((BOUNCE))™ FITNESS CLASS	8.00pm - 9.00pm

<b>FRIDAY</b>	BODY BOXING MIX **	9.30am - 10.30am
	MAJESTY CONNECTION CHURCH	7.30pm - 9.30pm
	WAKARISHIN JUJITSU	7.00pm – 8.30pm

<b>SATURDAY</b>	TAP & BALLET	9.30am - 2.00pm
	RYUKYUKAN KARATE	10.00am - 12.30pm

<b>SUNDAY</b>	B.L.W. BASILDON CHURCH GROUP	9.30am - 11.30am
	WAKARISHIN JUJITSU	10.00am - 12.00pm
	REGENERATION CHURCH	10.00am - 12.00pm
	MAJESTY CONNECTION CHURCH	10.00am - 2.00pm
	A.F.M. CHURCH	11.30am - 12.30pm
	LIVING WORD CHURCH	1.30pm - 3.30pm

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