



The Place, Pitsea Leisure Centre

01268 205284 - pitsealeisurecentre@basildon.gov.uk

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Weekly Activities from November 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.

EVERY DAY (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

MONDAY - FRIDAY	DAY CENTRE (over 50's) See: Pitsea Activity Centre	9.00am - 4.30pm
	DOLLS & DUDES CRECHE (Ofsted Registered childcare for ages 0 upwards)	9.15am - 2.15pm

MONDAY	BODY BLITZ **	9.30am - 10.30am
	TAP & BALLETT	3.30pm - 8.00pm
	DISNEY PRINCESS JASMINE ACROBATIC / GYMNASTIC DANCE CLASSES	4.00pm - 4.45pm
	1640 PRODUCTIONS SINGING LESSONS	4.30pm - 7.30pm
	BOOTCAMP **	6.00pm - 6.45pm
	RYUKYUKAN KARATE	6.00pm - 8.00pm
	HIGH INTENSITY INTERVAL TRAINING **	7.00pm - 8.00pm
	((BOUNCE))™ FITNESS CLASS	7.45pm - 8.45pm

MONDAY (continued)	CLUB NATION DANCE FITNESS **	8.00pm - 9.00pm
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TUESDAY	LOW AEROBICS **	9.30am - 10.30am
	PEDAL MANIA INDOOR CYCLING ** (Maximum 10 people. Booking recommended)	6.00pm - 6.45pm
	BOKWA ZUMBA **	6.00pm – 6.45pm
	ZUMBA ** (Maximum 15 people. Booking recommended)	7.00pm – 8.00pm
	((BOUNCE))™ FITNESS CLASS	7.00pm – 8.00pm
	BEGINNERS YOGA CLASS	7.00pm – 8.30pm
	((BOUNCE))™ FITNESS CLASS	8.00pm – 9.00pm

WEDNESDAY	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 **	6.30pm - 7.30pm
	COMMUNITY CONNECT	6.30pm - 8.30pm
	KARDY'S FUNK AEROBICS	6.30pm - 7.30pm
	STRETCH & TONE (yoga based) **	7.30pm - 8.30pm

THURSDAY	WEIGHT WATCHERS	9.15am - 10.15am and 6.00pm - 7.00pm
	FIT BALL CLASS ** (Maximum 18 people. Booking recommended)	9.30am - 10.30am
	KETTLE BELL CLASS ** (Maximum 15 people. Booking recommended)	10.30am - 11.15am
	WAKARISHIN JU-JITSU	5.30pm - 7.30pm & 8.00pm - 9.30pm
	PEDAL MANIA INDOOR CYCLE ** (Maximum 10 people. Booking recommended)	6.30pm - 7.15pm
	LOVE YOU BURLESQUE	8.00pm - 9.00pm
	((BOUNCE))™ FITNESS CLASS	8.00pm - 9.00pm

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

SATURDAY	TAP & BALLET	9.30am - 2.00pm
	BEGINNERS BOOTCAMP **	9.45am – 10.30am
	LITHUANIAN LANGUAGE SCHOOL	9.45am – 1.45pm
	RYUKYUKAN KARATE	10.00am - 12.30pm

SUNDAY	B.L.W. BASILDON CHURCH GROUP (1 st Sunday of the month)	9.30am - 11.30am
	WAKARISHIN JUJITSU	10.00am - 12.00pm
	REGENERATION CHURCH	10.00am - 12.00pm
	MAJESTY CONNECTION CHURCH	10.00am - 2.00pm

SUNDAY (continued)	A.F.M. CHURCH	11.30am - 12.30pm
	LIVING WORD CHURCH	1.30pm - 3.30pm

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