



The Place, Pitsea Leisure Centre

01268 205284 - pitsealeisurecentre@basildon.gov.uk

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Weekly Activities as at December 2017

* These classes are included in the Full Pulse Membership but are also open to non-members at a cost of £4.50 per class.

DAILY (Closed Bank Holidays)	KIDS FUN ZONE (under 8's)	MON-FRI: 9.00am - 7.00pm SAT: 9.00am - 6.00pm SUN: 9.00am - 4.00pm
	PULSE FITNESS CENTRE	MON-FRI: 9.00am – 9.45pm SAT: 9.00am - 6.00pm SUN: 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
	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
	PILATES CLASS	7.00pm - 8.00pm
	ZUMBA & TONING	7.00pm - 8.00pm

<p>TUESDAY</p>	<p>LOW AEROBICS *</p> <p>STRETCH & TONE *</p> <p>BOKWA PUNCH & STRIKE *</p> <p>PEDAL MANIA INDOOR CYCLING * (Maximum 10 people. Booking recommended)</p> <p>ZUMBA *</p> <p>((BOUNCE))™ FITNESS CLASS</p> <p>BEGINNERS YOGA CLASS</p> <p>SLIMMING WORLD</p> <p>((BOUNCE))™ FITNESS CLASS</p>	<p>9.30am - 10.30am</p> <p>10.30am - 11.30am</p> <p>6.00pm – 6.45pm</p> <p>6.00pm - 6.45pm</p> <p>7.00pm – 8.00pm</p> <p>7.00pm – 8.00pm</p> <p>7.00pm – 8.30pm</p> <p>7.00pm – 9.00pm</p> <p>8.00pm – 9.00pm</p>
<p>WEDNESDAY</p>	<p>SLIMMING WORLD</p> <p>‘YOUTH UNITY’ YOUTH GROUP - 11-19 year olds</p> <p>TAP & BALLET</p> <p>TERENCE HIGGINS TRUST - Free HIV Testing for 16+ year olds</p> <p>BODY BURN *</p> <p>KARDY’S FUNK AEROBICS</p> <p>PLACE PUNCH CLASS *</p> <p>WAKARISHIN JU-JITSU</p>	<p>9.30am, 5.30pm & 7.15pm</p> <p>4.00pm - 6.00pm</p> <p>4.30pm - 8.30pm</p> <p>5.30pm - 8.30pm</p> <p>6.00pm - 7.00pm</p> <p>6.30pm - 7.30pm</p> <p>7.00pm - 7.45pm</p> <p>8.00pm - 10.00pm</p>

THURSDAY	<p>WEIGHT WATCHERS</p> <p>STABILITY BALL CLASS * (Maximum 8 people. Booking recommended)</p> <p>KETTLE BELL CLASS * (Maximum 10 people. Booking recommended)</p> <p>WAKARISHIN JU-JITSU</p> <p>PEDAL MANIA INDOOR CYCLE * (Maximum 10 people. Booking recommended)</p> <p>PILATES *</p> <p>S.O.L.A.C.E. PSYCHIC MEETING</p> <p>LOVE YOU BURLESQUE</p> <p>((BOUNCE))™ FITNESS CLASS</p>	<p>9.15am - 10.15am & 6.00pm - 7.00pm</p> <p>9.30am - 10.15am</p> <p>10.30am - 11.15am</p> <p>5.30pm - 7.30pm</p> <p>6.30pm - 7.15pm</p> <p>6.30pm - 7.30pm</p> <p>7.30pm - 9.30pm</p> <p>8.00pm - 9.00pm</p> <p>8.00pm - 9.00pm</p>
FRIDAY	<p>BODY BOXING MIX *</p> <p>DIVINELY INSPIRED MINISTRIES</p> <p>MAJESTY CONNECTION CHURCH</p>	<p>9.30am - 10.30am</p> <p>6.30pm - 9.45pm</p> <p>7.30pm - 9.30pm</p>
SATURDAY	<p>TAP & BALLET</p> <p>RYUKYUKAN KARATE</p>	<p>9.30am - 2.00pm</p> <p>10.00am - 12.00pm</p>
SUNDAY	<p>B.L.W. BASILDON CHURCH GROUP</p> <p>WAKARISHIN JUJITSU</p> <p>REGENERATION CHURCH</p> <p>MAJESTY CONNECTION CHURCH</p> <p>A.F.M. CHURCH</p> <p>DIVINELY INSPIRED MINISTRIES</p> <p>GOSPEL FOR ALL</p>	<p>9.20am - 11.20am</p> <p>10.00am - 12.00pm</p> <p>10.00am - 12.00pm</p> <p>10.00am - 2.00pm</p> <p>11.00am - 1.00pm</p> <p>12.00pm - 3.45pm</p> <p>1.30pm - 3.30pm</p>

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