



**wave**  
Live life

# East Grinstead Sports Club Outdoor Group Exercise Timetable

Starting Monday 12<sup>th</sup> April 2021



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Live life

Monday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30-10:15	Strength & Cardio	Body Bootcamp +	Matt
Evening Sessions			
18:15-19:00	Strength & Cardio	Functional Fit	Ellie

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
11:00 – 11:45	Holistic	Fitness Pilates	Sophie
Evening Sessions			
18:15 - 19:00	Strength & Cardio	Body Tone	Sam

Wednesday			
Time	Focus	Class	Instructor
Evening Sessions			
18:15 - 19:00	Cardio	Cardio Club +	Sam

Thursday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30-10:15	Strength & Cardio	Functional Fit	Matt
Evening Sessions			
18:15-19:00	Strength & Cardio	Body Bootcamp +	Ellie

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30-10:15	Strength & Cardio	Body Con	Hannah

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30–10:15	Cardio	Cardio Club +	Sam

Sunday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30–10:15	Strength, Cardio & Core	Power Circuits	Ellie

For full class descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

Please note the class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 2 hours prior to the class commencing.

Please dress accordingly for outdoor exercise and ensure you have read our outdoor exercise weather policy – see [www.waveleisure.co.uk](http://www.waveleisure.co.uk) for more information.