















# East Grinstead Sports Club Group Exercise Timetable



Starting Monday 17<sup>th</sup> May 2021



Monday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00 - 09:45		Vibe Power	Sam
Evening Sessions			
17:45 - 18:30		Vibe Power	Sam
19:00 - 19:45	 	Cycle Fusion	Adam


Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
06:45 - 07:30	 	Power Circuits	Gym Team
09:00 - 09:30		HIIT	Gym Team
11:00 - 11:45		Fitness Pilates	Sophie

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30 - 10:15	 	BodyTone	Hannah
Evening Sessions			
17:45 - 18:30	 	Cycle Fusion	Adam

Thursday			
Time	Focus	Class	Instructor
Evening Sessions			
18:00 - 18:45		Vibe Power	Sam
19:15 - 20:00		Vibe Cycle +	Sam

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30 - 10:15	 	Body Conditioning	Hannah

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00 - 09:45	 	BodyBlast Circuits	Gen

Sunday			
Time	Focus	Class	Instructor
Morning Sessions			
10:00 - 11:00		Yoga	Rachel

### Focus Symbol

Cardio			Strength and Core
Dance			Water Based
Holistic			HIIT (High Intensity Interval Training)

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. 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 1 hour prior to the class commencing.

Please note timetable subject to change.