



East Grinstead Sports Club Group Exercise Timetable

Starting Monday 17th 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	Gen

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

Focus Symbol

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

For full class descriptions visit 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.