















East Grinstead Sports Club Group Exercise Timetable






Starting Monday 4th October 2021



Monday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00 – 10:00		Power Pump	Imogen
Evening Sessions			
17:45 - 18:45		Power Pump	Imogen
19:00 - 19:45	 	RIDE - Fusion	Adam


Thursday			
Time	Focus	Class	Instructor
Evening Sessions			
09:15 – 10:00		RIDE – Rhythm +	Imogen
18:00 - 18:45		Power Pump	Gen
19:00 - 19:45		RIDE – Rhythm +	Gen

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30- 10:15	 	Cardio & Core +	Sophie
10:30 - 11:30		Fitness Pilates	Sophie
Evening Sessions			
18:30 - 19:15	 	Total Conditioning	Imogen

Friday			
Time	Focus	Class	Instructor
Morning Sessions			
09:30 – 10:30	 	Body Tone	Imogen

Wednesday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00- 10:00	 	Barre Fit	Gen
Evening Sessions			
17:45 - 18:30	 	RIDE – Fusion	Adam
19:00 – 20:00		Yoga	Rachel

Saturday			
Time	Focus	Class	Instructor
Morning Sessions			
09:00 - 10:00	 	BodyBlast	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

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

**These classes are designed for older adults

*Ideal for those who cannot stand for long periods or have limited mobility

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.