



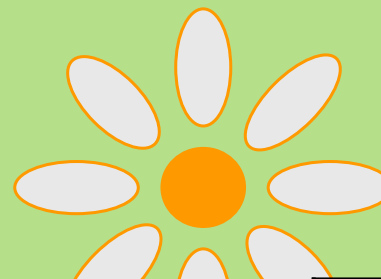
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Live life

East Grinstead Sports Club Group Exercise Timetable

Bank Holiday Friday 15th April, Monday 18th April & Monday 2nd May



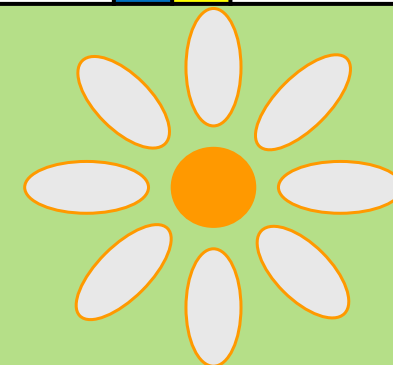
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Friday 15 th April			
Start Time	Class Length	Focus	Class
Morning Sessions			
09.00	45		Bodytone
10.00	45		RIDE Rhythm +

Monday 18 th April			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:00	60		Yoga
10:00	45		RIDE Rhythm +

Monday 2 nd May			
Start Time	Class Length	Focus	Class
Morning Sessions			
08.45	60		Yoga
10.00	45		Power Pump



-  Strength & Core
-  Cardio
-  HIIT
-  Holistic
-  Dance
-  Water Based
-  Specialty

For full class descriptions visit www.egsc.org.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.