




















East Grinstead Sports Club Group Exercise Timetable







Starting Monday 25th April 2022











Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:00	60	 	Power Pump
Evening Sessions			
17:45	60	 	Power Pump
19:00	45	 	RIDE Fusion +


Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:30	45	 	Legs, Bums & Tums
10:30	60	  	Fitness Pilates
Evening Sessions			
18:30	45	 	Total Conditioning

Wednesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:00	45		Zumba +
Evening Sessions			
17:45	45	 	RIDE Fusion +
18:30	60		Yoga

Thursday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	45	 	Body Conditioning
Evening Sessions			
18:00	45	 	Power Pump
19:00	45	 	RIDE Rhythm +

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
08:45	60	 	Body Tone
09:45	60	 	Yoga

Saturday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
08:45	60	 	BodyBlast +
10:00	60	 	Bootcamp

Sunday			
Start Time	Class Length	Focus	Class
Morning Sessions Only			
10:00	60		Yoga

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

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.