
















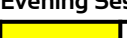
East Grinstead Sports Club Group Exercise Timetable




Starting Monday 8th Aug 2022







Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	60	 	Body Conditioning
Evening Sessions			
18:30	60	 	Iron Yoga
18:30	45	 	RIDE Fusion +


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 +

Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:30	45		Legs, Bums & Tums
10:30	60		Fitness Pilates
Evening Sessions			
17:45	45		Just Step +

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
09:15	60	 	BodyPump
09:45	60		Yoga

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

Saturday			
Start Time	Class Length	Focus	Class
No Classes			

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.