


Workout Class Timetable

Christmas Timetable from 23rd December 2024

MON 23rd	TUE 24th	WED 25th	THU 26th	FRI 27th	SAT 28th	SUN 29th
09:25-10:10 INDOOR CYCLING Studio Becky	09:30-10:15 BODY COMBAT Studio Jasmine	CLOSED	CLOSED	06:45-07:30 BODY PUMP Sports Hall Neda	07:15-08:00 AQUA FIT Gala Pool Olga	07:15-08:00 AQUA FIT Gala Pool Olga
10:25-11:20 BODY COMBAT Studio Jasmine	10:30-11:15 YOGA Studio Satyamati			09:15-10:00 BODY COMBAT Studio Jasmine	08:40-09:25 BODY COMBAT Studio Jasmine	08:15-09:00 BODY PUMP Sports Hall Neda
11:30-12:25 YOGA Studio Satyamati				10:15-11:10 YOGA Studio Claire	09:45-10:40 YOGA Studio Satyamati	09:15-10:00 INDOOR CYCLING Studio Neda
11:30-12:00 CORE BLAST Gym Gym Instructor						
12:30-13:15 AQUA SPLASH Training Pool Olga						
13:45-14:30 STRENGTH & TONE Studio Olga						
17:30-18:00 CORE BLAST Gym Gym Instructor						
18:15-19:00 BODY PUMP Sports Hall Jasmine						
19:15-20:00 BODY COMBAT Sports Hall Jasmine						
	MON 30th	TUE 31st	WED 1st Jan	THU 2nd Jan	<p>Please remember to inform your instructor at the start of the class if you have an injury and bring a pre-filled bottle of water.</p> <p>We hope you enjoy your class</p> 	
	10:15-11:00 BODY PUMP Sports Hall Jasmine	09:30-10:15 YOGA Studio Satyamati	CLOSED	Normal timetable resumes		
	11:15-12:00 BODY COMBAT Studio Jasmine	10:30-11:15 BODY COMBAT Studio Claire				
	12:30-13:15 AQUA SPLASH Training Pool Olga	12:30-13:15 AQUA SPLASH Training Pool Olga				

Classes can be booked up to 7 days in advance at reception in person or by calling 01323 738822. Or 8 days in advance online via our website eastbourneleisure.co.uk

For the latest info visit...
 www.eastbourneleisure.co.uk

SOVEREIGN
 centre