





Eastbourne Sports Park Christmas Group Exercise Timetable


Starting 24th December 2021

Eastbourne Sports Park will be closed Saturday 25th & Sunday 26th December 2021
Merry Christmas to all our Customers


Friday 24 th December		
Time	Focus	Class
09:00-10:00	 	The Mash Up







Monday 27 th December		
Time	Focus	Class
09:30-10:00		Amplify

Tuesday 28 th December		
Time	Focus	Class
09:00-09:30		The Overdrive

Friday 31 st December		
Time	Focus	Class
09:30-10:00		The Baseline

Eastbourne Sports Park will be closed Sunday 1st January 2022
A Merry Christmas and Happy New Year to all our Customers

Monday 3 rd January		
Time	Focus	Class
09:30-10:00		Amplify

-  Cardio
-  Strength & Core
-  Water Based
-  Dance
-  Holistic
-  HIIT (high intensity interval training)

For full class descriptions visit www.sporteastbourne.co.uk

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 at least 1 hour prior to the class commencing.

Please note timetable subject to change.