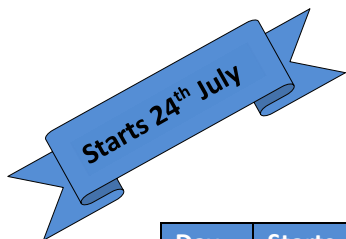


# Summer Exercise Timetable 2017

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	07:00	Indoor Cycle	Cycle Studio	Ben Price/Iain Kermode	30	
Mon	10:00	Aerobics	Dance Studio	Jackie Canham	60	
Mon	11:00	BodyPump	Dance Studio	Lou Hebron	60	
Mon	11:15	Indoor Cycle	Cycle Studio	Jackie Canham	30	
Mon	12:05	BodyBalance	Dance Studio	Louise Hebron	60	
Mon	13:00	Circuits	Arena	Fitness Advisor	40	
Mon	17:30	BodyPump	Dance Studio	Lucas Asprou	60	
Mon	18:45	Zumba	Dance Studio	Isabel Brett	60	
Mon	19:00	Synrgy Circuit	Func. Studio	Lucas Asprou	60	
Mon	19:45	BodyBalance	Dance Studio	Tessa Bleecker	60	
Mon	20:15	Indoor Cycle	Cycle Studio	Tom Levy/James Rix	45	
Tues	07:00	Swimfit	Pool	Swimfit Activator	60	
Tues	09:10	LBT	Dance Studio	Sarah Clarke	45	
Tues	10:00	Dynamic Yoga	Func. Studio	Lindsay Venn	60	
Tues	11:15	BodyPump	Dance Studio	Louise Hebron	45	
Tues	12:15	Indoor Cycle	Cycle Studio	Louise Hebron	30	
Tues	13:00	Circuits	Arena	Fitness Advisors	40	
Tues	13:05	LBT	Dance Studio	Louise Hebron	45	
Tues	17:30	Aerobics	Dance Studio	Jackie Canham	60	
Tues	18:00	Indoor Cycle	Cycle Studio	Tom Levy/James Rix	45	
Tues	18:30	Step	Dance Studio	Jackie Canham	60	
Tues	19:15	Boxercise	Func. Studio	Charlie wright	60	
Tues	19:45	Restorative Yoga	Dance Studio	Lindsay Venn	60	
Wed	07:00	Indoor Cycle	Cycle Studio	Tom Levy	30	
Wed	10:30	BodyCombat	Dance Studio	Amanda Waring	60	
Wed	11:00	Synrgy Circuit	Func. Studio	Jackie Canham	60	
Wed	11:30	BodyBalance	Dance Studio	Louise Hebron	60	
Wed	13:00	Vinyasa Flow Yoga	Dance Studio	Leanne Harvey	60	
Wed	13:15	Indoor Cycle	Cycle Studio	Louise Hebron	30	
Wed	17:30	BodyCombat	Dance Studio	Amanda Waring	60	
Wed	17:45	Indoor Cycle	Cycle Studio	James Rix	45	
Wed	17:45	Aqua Fit	Pool	Lauren Oliver	45	
Wed	18:30	BodyPump	Dance Studio	Lou Hale	60	
Wed	19:00	Swimfit	Pool	Swimfit Activator	60	
Wed	19:45	Indoor Cycle	Cycle Studio	Lou Hale	45	
Wed	20:00	BodyBalance	Dance Studio	Leanne Heavens	60	



# Summer Exercise Timetable 2017

Day	Starts	Class	Location	Instructor	Duration	Info
Thur	07:00	Swimfit	Pool	Swimfit Activator	60	
Thur	09:15	Pilates	Dance Studio	Tessa Bleecker	45	
Thur	11:00	Indoor Cycle	Cycle Studio	Grace Human	30	
Thur	11:45	BodyPump	Dance Studio	Grace Human	60	
Thur	12:30	Vinyasa Flow Yoga	Func. Studio	Leanne Harvey	60	
Thur	13:00	Circuits	Arena	Fitness Advisor	40	
Thur	17:30	Body Conditioning	Dance Studio	Sarah Clarke	60	
Thur	18:00	Synrgy Circuit	Func. Studio	Charlie Wright	60	
Thur	18:30	Fitness Pilates	Dance Studio	Sarah Clarke	60	
Thur	19:30	BodyCombat	Dance Studio	Amanda Waring	60	
Thur	20:30	Zumba	Dance Studio	Alice Ross	60	
Fri	07:00	Synrgy Circuit	Func. Studio	Charlie Wright	45	
Fri	09:30	BodyPump	Dance Studio	Grace Human	45	
Fri	10:30	BodyBalance	Dance Studio	Grace Human	45	
Fri	11:15	Zumba	Dance Studio	Alice Ross	45	
Fri	12:15	Indoor Cycle	Cycle Studio	Louise Hebron	30	
Fri	13:00	BodyPump	Dance Studio	Louise Hebron	45	
Fri	13:05	Synrgy Circuit	Func. Studio	Fitness Advisor	40	
Fri	17:30	Step & Tone	Dance Studio	Jackie Canham	60	
Fri	17:45	Indoor Cycle	Cycle Studio	Grace Human	45	
Fri	18:45	BodyBalance	Dance Studio	Grace Human	45	
Fri	19:00	Swimfit	Pool	Swimfit Activator	60	
Sat	09:30	BodyCombat	Dance Studio	Diane Frior	60	
Sat	09:45	Indoor cycle	Cycle Studio	James Rix	45	
Sat	10:30	BodyPump	Dance Studio	Grace Human	60	
Sat	10:45	BodyBalance	Func. Studio	Tessa Bleecker	60	
Sun	09:30	Yoga	Dance Studio	Emma Boswell	60	
Sun	10:30	Triple Challenge	Dance Studio	Jackie Canham	60	
Sun	10:30	Indoor Cycle	Cycle Studio	James Rix	45	

To download this timetable please visit the Group Exercise page at [www.sportspark.co.uk](http://www.sportspark.co.uk)

All classes must be booked in advance either in person or over the telephone at reception, at one of our self-serve kiosks or on-line.

Please note:

- No bookings will be accepted within 5 minutes of the advertised start time
- No admittance will be allowed once the class has commenced.

Thank you