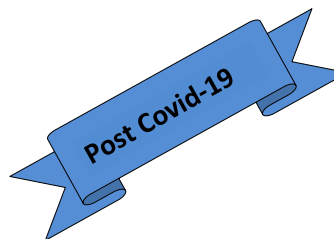


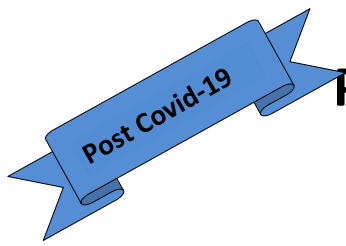
Post Covid Exercise Timetable 2020

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	08:15	Pilates	Hall 4	Tessa Bleecker	45	
Mon	10:00	Aerobics	Hall 4	Diane Frior	45	
Mon	11:00	BodyPump	Hall 4	Lou Hebron	45	
Mon	11:15	Indoor Cycle	Dance Studio	Tara Whiting	30	
Mon	12:05	BodyBalance	Hall 4	Louise Hebron	60	
Mon	17:30	BodyPump	Hall 4	Lucas Asprou	60	
Mon	18:00	Indoor Cycle	Dance Studio	Murray Grant	45	
Mon	18:45	Zumba	Hall 4	Chloe Foreman	45	
Mon	19:00	Circuits	Dance Studio	Lucas Asprou	60	
Mon	19:45	BodyBalance	Hall 4	Tessa Bleecker	60	
Mon	20:30	Indoor Cycle	Dance Studio	Tara Whiting	45	
Tues	09:00	LBT	Hall 4	Sarah Clarke	45	10 min earlier
Tues	10:00	Dynamic Yoga	Dance Studio	Lindsay Venn	55	
Tues	11:10	Dynamic Yoga	Dance Studio	Pema Clarke	50	5 min less
Tues	11:15	BodyPump	Hall 4	Louise Hebron	45	
Tues	12:15	Indoor Cycle	Dance Studio	Louise Hebron	30	
Tues	12:15	Pilates	Hall 4	Stacey Martin	45	
Tues	15:15	Qigong	Hall 4	Anne Francis	45	
Tues	17:30	Aerobics	Hall 4	Jackie Canham	45	
Tues	18:00	Indoor Cycle	Dance Studio	Katy Glenville	45	
Tues	18:30	Step	Hall 4	Jackie Canham	45	
Tues	19:15	Coach by Colour	Dance Studio	Tara Whiting	45	
Tues	19:30	BodyCombat	Hall 4	Jonathan Clarke	45	
Tues	20:30	Restorative Yoga	Dance Studio	Lindsay Venn	60	
Wed	07:00	Coach by Colour	Dance Studio	Iain Kermode/Tom Levy	30	
Wed	10:00	Circuits	Dance Studio	Lou Henderson	60	
Wed	10:30	BodyPump	Hall 4	Amanda Waring	45	Zumba gold 45 before
Wed	11:30	BodyBalance	Hall 4	Louise Hebron	60	5 min earlier
Wed	13:00	Vinyasa Flow Yoga	Func. studio	Leanne Harvey	60	
Wed	13:15	Indoor Cycle	Dance Studio	Stacey Martin	30	
Wed	17:30	BodyCombat	Hall 4	Conni Arnold	45	
Wed	18:00	HIIT	Func. Studio	Alice Frost	30	
Wed	18:30	BodyPump	Hall 4	Lou Hale	45	
Wed	19:45	Indoor Cycle	Dance Studio	Lou Hale	45	



Post Covid Exercise Timetable 2020

Day	Starts	Class	Location	Instructor	Duration	Info
Thur	09:00	Pilates	Hall 4	Tessa Bleecker	45	15 min earlier
Thur	11:00	Indoor Cycle	Dance studio	Jackie Canham	30	
Thur	11:45	BodyPump	Hall 4	Imogen Clarke	60	
Thur	12:30	VinyasaFlowYoga	Dance studio	Leanne Harvey	60	
Thur	17:30	Body Blitz	Hall 4	Sarah Clarke	45	
Thur	18:30	Fitness Pilates	Hall 4	Sarah Clarke	45	
Thur	19:30	BodyCombat	Hall 4	Amanda Waring	45	
Thur	20:30	Zumba	Hall 4	Chloe Foreman	60	
Fri	07:00	Circuit	Dance studio	Tom Levy	45	
Fri	09:30	BodyPump	Hall 4	Fiona Jones	45	
Fri	10:30	BodyBalance	Hall 4	Conni Arnold	45	
Fri	11:30	Zumba	Hall 4	Joao Silva	60	
Fri	12:15	Indoor Cycle	Dance studio	Louise Hebron	30	
Fri	13:00	BodyPump	Hall 4	Louise Hebron	45	
Fri	17:30	Step & Tone	Hall 4	Jackie Canham	60	
Fri	17:45	Indoor Cycle	Dance studio	Tara Whiting	45	
Fri	18:45	BodyBalance	Hall 4	Jonathon Clarke	45	
Sat	09:15	BodyCombat	Hall 4	Diane Frior	60	15 min earlier
Sat	09:45	Indoor cycle	Dance studio	Tara Whiting	45	
Sat	10:30	BodyPump	Hall 4	Fiona Jones	60	
Sat	10:45	BodyBalance	Dance studio	Tessa Bleecker	60	
Sun	09:00	Yoga	Dance Studio	Emma Boswell	60	20 min earlier
Sun	10:15	Triple Challenge	Hall 4	Jackie Canham	60	15 min ear
Sun	10:30	Indoor Cycle	Dance studio	Katy Glenville	45	
Sun	11:30	Body Pump	Hall 4	Fiona Jones	60	
Sun	12:45	Pilates	Dance studio	Leanne Harvey	60	



Post Covid Exercise Timetable 2020

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. To download this timetable please visit the Group Exercise page at www.sportspark.co.uk