

SPRING

GROUP EX TIMETABLE 2021

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	07:00	Indoor Cycle	Func. studio	Iain Kermode/Tom Levy	30	Cap 16
Mon	08:15	Pilates	Dance studio	Tessa Bleecker	45	Cap 25
Mon	10:00	Aerobics	Dance studio	Diane Frior	45	Cap 25
Mon	11:00	BodyPump	Dance studio	Lou Hebron	45	Cap 25
Mon	11:15	Indoor Cycle	Func. Studio	Tara Whiting	30	Cap 16
Mon	12:05	BodyBalance	Dance studio	Louise Hebron	60	Cap 25
Mon	13:00	Circuits	Outdoor	Fitness team	40	Cap 40
Mon	17:30	BodyPump	Dance studio	Lucas Asprou	60	Cap 25
Mon	18:00	Indoor Cycle	Func. Studio	Murray Grant	45	Cap 16
Mon	18:45	Zumba	Dance studio	Chloe Foreman	45	Cap 25
Mon	19:00	Circuits	Func. Studio	Lucas Asprou	60	Cap 16
Mon	19:45	BodyBalance	Dance studio	Tessa Bleecker	60	Cap 25
Mon	20:30	Indoor Cycle	Func. Studio	Tara Whiting	45	Cap 16
Tues	09:00	LBT	Dance studio	Sarah Clarke	45	Cap 25
Tues	10:00	Dynamic Yoga	Func. Studio	Pema Clark	55	Cap 16
Tues	11:10	Vinyasaflow yoga	Func. Studio	Pema Clark	50	Cap 16
Tues	11:15	BodyPump	Dance studio	Louise Hebron	45	Cap 25
Tues	12:15	Indoor Cycle	Func. Studio	Louise Hebron	30	Cap 16
Tues	12:15	Pilates	Dance studio	Stacey Grey	45	Cap 25
Tues	13:00	Circuits	Arena	James Warren	40	Cap 40
Tues	13:15	LBT	Dance studio	Stacey Grey	45	Cap 25
Tues	15:15	Qigong	Dance studio	Anne Francis	45	Cap 25
Tues	17:30	Aerobics	Dance studio	Jackie Canham	45	Cap 25
Tues	18:00	Indoor Cycle	Func. Studio	Katy Glenville	45	Cap 16
Tues	18:30	Step	Dance studio	Jackie Canham	45	Cap 25
Tues	19:15	Coach by Colour	Func.studio	Tara Whiting	45	Cap 16
Tues	19:30	BodyCombat	Dance studio	Jonathan Clarke	45	Cap 25
Tues	20:30	Restorative Yoga	Dance Studio	Katie Fielder	60	Cap 25
Wed	07:00	Coach by Colour	Func. Studio	Iain Kermode/Tom Levy	30	Cap 16
Wed	10:00	Circuits	Func. Studio	Lou Henderson	60	Cap 16
Wed	10:30	BodyPump	Dance studio	Amanda Waring	45	Cap 25
Wed	11:30	BodyBalance	Dance studio	Louise Hebron	60	Cap 25
Wed	13:00	Vinyasa Flow Yoga	Dance studio	Leanne Harvey	60	Cap 25
Wed	13:15	Indoor Cycle	Func. Studio	Tara Whiting	30	Cap 16
Wed	17:30	BodyCombat	Dance studio	Conni Arnold	45	Cap 25
Wed	17:45	Indoor Cycle	Func. Studio	Tara Whiting	45	Cap 25
Wed	18:00	HIIT	Tennis Court	Alice Frost	30	Cap 16
Wed	18:30	BodyPump	Dance studio	Lou Hale	45	Cap 25
Wed	19:45	Indoor Cycle	Func. Studio	Lou Hale	45	Cap 16
Wed	20:00	BodyBalance	Dance studio	Tessa Bleecker	60	Cap 25
Thur	09:00	Pilates	Dance studio	Tessa Bleecker	45	Cap 25
Thur	11:00	Indoor Cycle	Func. studio	Grace Human	30	Cap 16
Thur	11:45	BodyPump	Dance studio	Grace Human	60	Cap 25
Thur	12:30	VinyasaFlowYoga	Func. studio	Leanne Harvey	60	Cap 16
Thur	13:00	Circuits	Arena	James Warren	40	Cap 40
Thur	17:30	Body Blitz	Dance studio	Sarah Clarke	45	Cap 25
Thur	18:15	Coach by Colour	Func. studio	Lucas Asprou	45	Cap 16
Thur	18:30	Fitness Pilates	Dance studio	Sarah Clarke	45	Cap 25
Thur	19:30	BodyCombat	Dance studio	Amanda Waring	45	Cap 25
Thur	20:30	Zumba	Dance studio	Chloe Foreman	60	Cap 25

Fri	07:00	Circuit	Dance studio	Tom Levy	45	Cap 25
Fri	09:30	BodyPump	Dance studio	Grace Human	45	Cap 25
Fri	10:30	BodyBalance	Dance studio	Grace Human	45	Cap 25
Fri	11:30	Zumba	Dance studio	Joao Silva	60	Cap 25
Fri	12:15	Indoor Cycle	Func. studio	Jackie Canham	30	Cap 16
Fri	13:00	BodyPump	Dance studio	Sarah Cranness	45	Cap 25
Fri	17:30	Step & Tone	Dance studio	Jackie Canham	60	Cap 25
Fri	17:45	Indoor Cycle	Func. studio	Grace Human	45	Cap 16
Fri	18:45	Ab blast	Dance studio	Grace Human	30	Cap 25
Sat	09:15	BodyCombat	Dance studio	Diane Prior	60	Cap 25
Sat	09:45	Indoor cycle	Func. studio	Grace Human	40	Cap 16
Sat	10:30	BodyPump	Dance studio	Grace Human	60	Cap 25
Sat	10:45	BodyBalance	Func. studio	Tessa Bleecker	60	Cap 16
Sun	09:00	Yoga	Dance Studio	Emma Boswell	60	Cap 25
Sun	10:15	Triple Challenge	Dance studio	Jackie Canham	60	Cap 25
Sun	10:30	Indoor Cycle	Func. studio	Katy Glenville	45	Cap 16
Sun	11:30	Body Pump	Dance studio	Fiona Jones	60	Cap 25
Sun	12:45	Pilates	Dance studio	Leanne Harvey	60	Cap 25

All online classes will be streamed via Facebook. All outdoor classes must be booked in advance either by calling reception on 01603 592398, booking online via the QR code or via our Sportspark app.

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.

To download this timetable please visit the Group Exercise page at <https://www.sportspark.co.uk/sports/group-exercise/>



SCAN THIS
QR CODE

SP
Sportspark