

SUMMER

GROUP EX TIMETABLE 2021

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	07:00	Indoor Cycle	Cycle studio	Iain Kermode/Tom Levy	30	Cap 12
Mon	08:15	Pilates	Dance studio	Tessa Bleecker	45	Cap 32
Mon	10:00	Aerobics	Dance studio	Luna Rose	45	Cap 32
Mon	11:00	BodyPump	Dance studio	Lou Hebron	45	Cap 32
Mon	11:15	Indoor Cycle	Cycle studio	Tara Whiting	30	Cap 12
Mon	12:05	BodyBalance	Dance studio	Louise Hebron	60	Cap 32
Mon	17:30	BodyPump	Dance studio	Lucas Asprou	60	Cap 32
Mon	13:00	Circuits	Outdoor	Fitness team	40	Cap 40
Mon	18:00	Indoor Cycle	Cycle studio	Murray Grant	45	Cap 12
Mon	18:45	Zumba	Dance studio	Chloe Foreman	45	Cap 32
Mon	19:00	Circuits	Func. Studio	Lucas Asprou	60	Cap 20
Mon	19:45	BodyBalance	Dance studio	Tessa Bleecker	60	Cap 32
Tues	09:00	LBT	Dance studio	Sarah Clarke	45	Cap 32
Tues	10:00	Dynamic Yoga	Func. Studio	Pema Clark	55	Cap 20
Tues	11:10	Vinyasaflow yoga	Func. Studio	Pema Clark	50	Cap 20
Tues	11:15	BodyPump	Dance studio	Louise Hebron	45	Cap 32
Tues	12:15	Indoor Cycle	Cycle studio	Louise Hebron	30	Cap 12
Tues	12:15	Pilates	Dance studio	Stacey Grey	45	Cap 32
Tues	13:00	Circuits	Arena	James Warren	40	Cap 40
Tues	15:15	Qigong	Dance studio	Anne Francis	45	Cap 32
Tues	17:30	Aerobics	Dance studio	Jackie Canham	45	Cap 32
Tues	18:00	Indoor Cycle	Cycle studio	Katy Glenville	45	Cap 12
Tues	18:30	Step	Dance studio	Jackie Canham	45	Cap 32
Tues	19:30	BodyCombat	Dance studio	Jonathan Clarke	45	Cap 32
Tues	20:30	Restorative Yoga	Dance Studio	Katie Fielder	60	Cap 32
Wed	07:00	Coach by Colour	Cycle studio	Iain Kermode/Tom Levy	30	Cap 12
Wed	10:00	Circuits	Func. Studio	Lou Henderson	60	Cap 20
Wed	10:30	BodyPump	Dance studio	Amanda Waring	45	Cap 32
Wed	11:30	BodyBalance	Dance studio	Louise Hebron	60	Cap 32
Wed	13:00	Vinyasaflow Yoga	Dance studio	Leanne Harvey	60	Cap 32
Wed	13:15	Indoor Cycle	Cycle studio	Tara Whiting	30	Cap 12
Wed	17:30	BodyCombat	Dance studio	Conni Mekkiou	45	Cap 32
Wed	17:45	Indoor Cycle	Cycle studio	Tara Whiting	45	Cap 32
Wed	18:30	BodyPump	Dance studio	Lou Hale	45	Cap 32
Wed	19:45	Indoor Cycle	Cycle studio	Lou Hale	45	Cap 12

	Starts	Class	Location	Instructor	Duration	Info
Thur	09:00	Pilates	Dance studio	Tessa Bleecker	45	Cap 32
Thur	11:00	Indoor Cycle	Cycle studio	Grace Human	30	Cap 12
Thur	11:45	BodyPump	Dance studio	Grace Human	60	Cap 32
Thur	12:30	Vinyasaflow Yoga	Func. studio	Leanne Harvey	60	Cap 20
Thur	13:00	Circuits	Arena	James Warren	40	Cap 40
Thur	17:30	Body Blitz	Dance studio	Sarah Clarke	45	Cap 32
Thur	18:15	Coach by Colour	Cycle studio	Lucas Asprou	45	Cap 12
Thur	18:30	Fitness Pilates	Dance studio	Sarah Clarke	45	Cap 32
Thur	19:30	BodyCombat	Dance studio	Amanda Waring	45	Cap 32
Thur	20:30	Zumba	Dance studio	Chloe Foreman	60	Cap 32
Fri	07:00	Circuit	Func. studio	Tom Levy	45	Cap 20
Fri	09:30	BodyPump	Dance studio	Grace Human	45	Cap 32
Fri	10:30	BodyBalance	Dance studio	Grace Human	45	Cap 32
Fri	11:30	Zumba	Dance studio	Joao Silva	60	Cap 32
Fri	12:15	Indoor Cycle	Cycle studio	Jackie Canham	30	Cap 12
Fri	13:00	BodyPump	Dance studio	Sarah Cranness	45	Cap 32
Fri	17:30	Step & Tone	Dance studio	Jackie Canham	60	Cap 32
Fri	17:45	Indoor Cycle	Cycle studio	Grace Human	45	Cap 12
Sat	09:15	BodyCombat	Dance studio	Luna Rose	60	Cap 32
Sat	09:45	Indoor cycle	Cycle studio	Grace Human	40	Cap 12
Sat	10:30	BodyPump	Dance studio	Grace Human	60	Cap 32
Sat	10:45	BodyBalance	Func. studio	Tessa Bleecker	60	Cap 20
Sun	09:00	Yoga	Dance Studio	Emma Boswell	60	Cap 32
Sun	10:15	Triple Challenge	Dance studio	Jackie Canham	60	Cap 32
Sun	10:30	Indoor Cycle	Cycle studio	Katy Glenville	45	Cap 12
Sun	11:30	Body Pump	Dance studio	Sarah Cranness	60	Cap 32
Sun	12:45	Pilates	Dance studio	Leanne Harvey	60	Cap 32

All classes must be booked in advance either via our Sportspark app, in person or over the telephone at reception or online. Please note: No bookings will be accepted once the class has started 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/>

