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| **Day** | **Starts** | **Class** | **Location** | **Instructor** | **Duration** | **Info** |
| Mon | 07:00 | Indoor Cycle | Cycle studio | Iain Kermode/James Warren | 30 | Cap 12 |
| Mon | 08:15 | Pilates | Dance studio | Tessa Bleecker  | 45 | Cap 32 |
| Mon | 10:00 | Aerobics | Dance studio  | Jackie Canham  | 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 |
| Mon | 20:15 | Boxercise | Func. Studio | Reece Stimpson  | 45 | Cap 20 |
| Mon | 20:30 | Indoor Cycle | Cycle Studio | Tara Whiting  | 45 | Cap 16 |
|  |  |  |  |  |  |  |
| 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 | Jackie Canham | 45 | Cap 32 |
| Tues | 13:00 | Circuits | Arena | James Warren  | 40 | Cap 40 |
| Tues | 13:15 | LBT | Dance studio | Jackie Canham  | 45 | Cap 32 |
| 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 | 19:15 | Coach by Colour | Cycle studio | Tara Whiting | 45 | Cap 16 |
| 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/James Warren | 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 | Vinyasa Flow 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 | 18:00 | HIIT  | Func. Studio | Alice Frost | 30 | Cap 20 |
| Wed | 18:30 | BodyPump | Dance studio | Lou Hale | 45 | Cap 32 |
| Wed | 19:45 | Indoor Cycle | Cycle studio | Lou Hale | 45 | Cap 12 |
| Wed | 20:00 | BodyBalance | Dance studio | Tessa Bleecker  | 60 | Cap 25 |

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|  | **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 | VinyasaFlowYoga | 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  | 14:00 | Body Balance  | Dance studio | Leanne Heavens  | 45 | Cap 32 NEW |
| Fri | 17:30 | Step & Tone | Dance studio | Jackie Canham | 60 | Cap 32 |
| Fri | 17:45 | Indoor Cycle | Cycle studio | Grace Human  | 45 | Cap 12 |
| Fri | 18:30 | Body Balance  | Dance studio | Grace Human  | 45 | Cap 32 |
|  |  |  |  |  |  |  |
| 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 | Tara Whiting | 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 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 once the class has started 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](http://www.sportspark.co.uk)