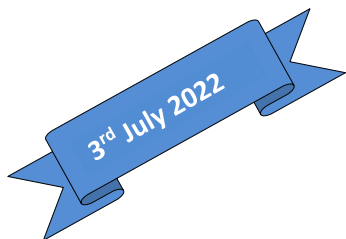


Summer Group Ex Timetable 2022

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	07:00	Indoor Cycle	Cycle studio	Iain Kermode/James Warren	30	
Mon	08:15	Pilates	Dance studio	Tessa Bleecker	60	
Mon	10:00	Aerobics	Dance studio	Jackie Canham	60	
Mon	11:00	BodyPump	Dance studio	Lou Hebron	60	
Mon	12:05	BodyBalance	Dance studio	Louise Hebron	60	
Mon	12:15	Indoor Cycle	Cycle studio	Tyree Poll-White	30	
Mon	13:00	Circuits	Arena	Fitness team	40	
Mon	17:30	BodyPump	Dance studio	Lucas Asprou	60	
Mon	18:00	Indoor Cycle	Cycle studio	Murray Grant	45	
Mon	18:45	Zumba	Dance studio	Isabel Brett	60	
Mon	19:00	Circuits	Func. Studio	Lucas Asprou	60	
Mon	20:30	Indoor Cycle	Cycle Studio	Tara Whiting	45	
Tues	09:00	LBT	Dance studio	Sarah Clarke	60	
Tues	10:00	Dynamic Yoga	Func. Studio	Lindsay Venn	55	
Tues	11:10	Flow yoga	Func. Studio	Pema Clark	50	
Tues	11:15	BodyPump	Dance studio	Grace Human	45	
Tues	12:15	Indoor Cycle	Cycle studio	Grace Human	30	
Tues	12:15	Pilates	Dance studio	Jackie Canham	45	
Tues	13:00	Circuits	Arena	James Warren	40	
Tues	13:15	LBT	Dance studio	Jackie Canham	45	
Tues	17:30	Aerobics	Dance studio	Jackie Canham	60	
Tues	18:00	Indoor Cycle	Cycle studio	Katy Glenville	45	
Tues	18:30	Step	Dance studio	Jackie Canham	60	
Tues	19:15	Coach by Colour	Cycle studio	Tara Whiting	45	
Tues	19:30	BodyCombat	Dance studio	Jonathan Clarke	60	
Tues	20:30	Restorative Yoga	Dance Studio	Lindsay Venn	60	
Wed	07:00	Coach by Colour	Cycle studio	Iain Kermode/James Warren	30	
Wed	09:30	Circuits	Func. Studio	Lou Henderson	60	
Wed	10:30	BodyPump	Dance studio	Lou Henderson	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	Tyree Poll-White	30	
Wed	17:30	BodyCombat	Dance studio	Conni Mekkiou	60	
Wed	17:45	Indoor Cycle	Cycle studio	Tara Whiting	45	
Wed	18:00	HIIT	Func. Studio	Joe Brown	30	
Wed	18:30	BodyPump	Dance studio	Lou Hale	45	
Wed	19:30	Zumba	Dance studio	Chloe Foreman	60	
Wed	19:45	Indoor Cycle	Cycle studio	Lou Hale	45	



Summer Group Ex Timetable 2022

	Starts	Class	Location	Instructor	Duration	Info
Thur	09:00	Pilates	Dance studio	Tessa Bleecker	60	
Thur	11:00	Indoor Cycle	Cycle studio	Grace Human	30	
Thur	11:45	BodyPump	Dance studio	Grace Human	60	
Thur	12:30	VinyasaFlowYoga	Func. studio	Leanne Harvey	60	
Thur	13:00	Circuits	Arena	James Warren	40	
Thur	17:30	Body Blitz	Dance studio	Sarah Clarke	60	
Thur	18:15	Coach by Colour	Cycle studio	Lucas Asprou	45	
Thur	18:30	Fitness Pilates	Dance studio	Sarah Clarke	60	
Thur	19:30	BodyCombat	Dance studio	Conni Mekkiou	60	
Thur	20:30	Zumba	Dance studio	Chloe Foreman	60	
Fri	06:45	Circuit	Func. studio	Tom Levy	45	
Fri	09:30	BodyPump	Dance studio	Grace Human	60	
Fri	10:30	BodyBalance	Dance studio	Grace Human	60	
Fri	11:30	Zumba	Dance studio	Joao Silva	60	
Fri	12:15	Indoor Cycle	Cycle studio	Jackie Canham	30	
Fri	12:45	BodyPump	Dance studio	Conni Mekkiou	45	
Fri	13:45	Body Balance	Dance studio	Leanne Heavens	45	
Fri	17:30	Step & Tone	Dance studio	Jackie Canham	60	
Fri	17:45	Indoor Cycle	Cycle studio	Grace Human	45	
Fri	18:30	Body Balance	Dance studio	Grace Human	45	
Sat	09:15	BodyCombat	Dance studio	Luna Rose	60	
Sat	09:45	Indoor cycle	Cycle studio	Grace Human	40	
Sat	10:30	BodyPump	Dance studio	Grace Human	60	
Sat	10:45	BodyBalance	Func. studio	Jonathan Clarke	60	
Sun	09:00	Yoga	Dance Studio	Emma Boswell	70	Time extension
Sun	10:15	Triple Challenge	Dance studio	Jackie Canham	60	
Sun	10:30	Indoor Cycle	Cycle studio	Tyree Poll-White	45	
Sun	11:30	Body Pump	Dance studio	Sarah Cranness	60	

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