

# April - August 2010 Timetable

Classes run from Monday 19<sup>th</sup> April to Sunday 29<sup>th</sup> August 2010

Monday	6.30-7.15 <b>Spinning</b> Spinning Studio £5.50	8.30-9.15 <b>Splash Water Workout</b> Swimming Pool £4.80 ▲	9.45-10.40 <b>Body Pump</b> Studio A £5.30 ▲	10.45-11.40 <b>Body Balance</b> Studio A £5.30 ▲	11.30-12.25 <b>Yoga Open</b> Well-being Studio £7.30 ▲	12.30-13.15 <b>Legs Bums and Tums</b> Studio A £4.80 ▲	12.30-13.15 <b>Spinning</b> Spinning Studio £5.30 ▲	13.30-14.25 <b>Pilates Beg</b> Well-being Studio Course Only	17.15-18.00 <b>Spinning</b> Spinning Studio £5.50	17.30-18.25 <b>Circuit Training</b> Arena C £5.00	18.00-18.55 <b>Body Pump</b> Studio A £5.50	18.00-18.55 <b>Body Combat</b> Studio B £5.50	18.15-19.00 <b>Spinning</b> Spinning Studio £5.50	19.00-19.55 <b>Pilates Beg</b> Well-being Studio £7.50	19.00-19.55 <b>Body Attack</b> Studio A £5.50	19.15-20.00 <b>Spinning</b> Spinning Studio £5.50	20.00-20.55 <b>Pilates Imp</b> Well-being Studio Course Only	20.00-20.55 <b>Body Balance</b> Studio A £5.50	20.15-21.15 <b>Spinning</b> Spinning Studio £5.50	
Tuesday	7.00-7.55 <b>Early Morning Circuits</b> Studio A and B £5.00	7.30-8.15 <b>Spinning</b> Spinning Studio £5.50	9.45-10.30 <b>Splash Water Workout</b> Swimming Pool £4.80 ▲	9.45-10.40 <b>Zumba®</b> Studio A £4.80 ▲	10.45-11.40 <b>Legs Bums and Tums</b> Studio A £4.80 ▲	12.00 – 12.45 <b>Power Water Workout</b> Swimming Pool £4.80 ▲	12.30-13.25 <b>Hatha Yoga Open</b> Well-being Studio Course Only	12.45-13.30 <b>Spinning</b> Spinning Studio £5.30 ▲	13.05-13.50 <b>Fit Ball Workout</b> Studio A £4.80 ▲	13.30-14.25 <b>Pilates Open</b> Well-being Studio £7.30 ▲	17.15-18.00 <b>Spinning</b> Spinning Studio £5.50	17.30-18.25 <b>Circuit Training</b> Arena C £5.00	18.00-18.55 <b>Zumba®</b> Studio A £5.00	18.15-19.00 <b>Spinning</b> Spinning Studio £5.50	19.00-20.10 <b>Ashtanga Yoga Beg</b> Well-being Studio Course Only	19.00-19.55 <b>Body Combat</b> Studio A £5.50	19.15-20.00 <b>Spinning</b> Spinning Studio £5.50	20.00-20.55 <b>Body Pump</b> Studio A £5.50	20.15-21.15 <b>Spinning</b> Spinning Studio £5.50	20.15-21.25 <b>Ashtanga Yoga Imp</b> Well-being Studio Course Only
Wednesday	6.30-7.15 <b>Spinning</b> Spinning Studio £5.50	9.30-10.15 <b>Power Water Workout</b> Swimming Pool £4.80 ▲	10.00-10.55 <b>Body Pump</b> Studio A £5.30 ▲	10.30-11.15 <b>Power Water Workout</b> Swimming Pool £4.80 ▲	11.00-11.55 <b>Tai Chi Open</b> Studio A Course Only	11.30-12.25 <b>Pushy Mothers Buggy Workout</b> External Space	12.15-13.10 <b>Freestyle Yoga Fitness Open</b> Well-being Studio £7.30 ▲	12.30-13.15 <b>Aerobic Attack</b> Studio A £4.80 ▲	12.30-13.15 <b>Spinning</b> Spinning Studio £5.30 ▲	13.30-14.25 <b>Antenatal Fitness</b> Well-being Studio £4.80 ▲	17.15-18.00 <b>Spinning</b> Spinning Studio £5.50	17.30-18.25 <b>Boxercise</b> Studio B £5.00	18.00-18.55 <b>Legs Bums and Tums</b> Studio A £5.00	18.00-18.55 <b>Boot Camp</b> External Space £5.00	18.00-18.55 <b>Power Pilates</b> Well-being Studio Course Only	18.15-19.00 <b>Spinning</b> Spinning Studio £5.50	19.00-19.55 <b>Body Pump</b> Studio A £5.50	19.15-20.45 <b>Endurance Spinning</b> Spinning Studio £7.50	20.15-21.00 <b>Deep Water Workout</b> Swimming Pool £5.00	21.00-21.45 <b>Spinning</b> Spinning Studio £5.50
Thursday	6.45-7.40 <b>Body Pump</b> Studio A £5.50	7.30-8.15 <b>Spinning</b> Spinning Studio £5.50	9.45-10.40 <b>Body Attack</b> Studio A £5.30 ▲	10.45-11.40 <b>Body Balance</b> Studio A £5.30 ▲	12.30-13.25 <b>Pilates Beg</b> Well-being Studio Course Only	12.45-13.30 <b>Spinning</b> Spinning Studio £5.30 ▲	13.05-13.50 <b>Step Aerobics</b> Studio A £4.80 ▲	17.15-18.00 <b>Spinning</b> Spinning Studio £5.50	17.30-18.25 <b>Circuit Training</b> Arena C £5.00	18.00-18.55 <b>Power Water Workout</b> Swimming Pool £5.00	18.00-18.55 <b>Step Aerobics</b> Studio A £5.00	18.00-18.55 <b>Body Attack</b> Studio B £5.50	18.15-19.00 <b>Spinning</b> Spinning Studio £5.50	19.00-19.55 <b>Body Balance</b> Studio B £5.50	19.00-20.10 <b>Yoga Open</b> Well-being Studio £7.50	19.00-19.55 <b>Body Pump</b> Studio A £5.50	19.15-20.00 <b>Spinning</b> Spinning Studio £5.50	20.15-21.25 <b>Yoga Open</b> Well-being Studio £7.50	20.15-21.15 <b>Spinning</b> Spinning Studio £5.50	
Friday	7.00-7.55 <b>Early Morning Circuits</b> Studio A and B £5.00	9.45-10.40 <b>Aerobic Attack</b> Studio A £4.80 ▲	10.00-10.45 <b>Splash Water Workout</b> Swimming Pool £4.80 ▲	10.45-11.40 <b>Body Balance</b> Studio A £5.30 ▲	11.30-12.25 <b>Yoga Open</b> Well-being Studio £7.30 ▲	12.15-13.10 <b>Zumba®</b> Studio A £4.80 ▲	12.30-13.15 <b>Spinning</b> Spinning Studio £5.30 ▲	12.30-13.25 <b>Pilates Open</b> Well-being studio £7.30 ▲	18.00-18.55 <b>Body Pump</b> Studio A £5.50	18.00-18.55 <b>Body Jam</b> Studio B £5.50	18.30-20.00 <b>Endurance Spinning</b> Spinning Studio £7.50	19.00-19.55 <b>Body Balance</b> Studio A £5.50								
Saturday	8.30-9.25 <b>Spinning</b> Spinning Studio £5.30 ▲	9.30-10.25 <b>Spinning</b> Spinning Studio £5.30 ▲	9.30-10.25 <b>Boot Camp</b> External Space £4.80 ▲	10.00-10.55 <b>Body Pump</b> Studio A £5.30 ▲	10.00-10.55 <b>Body Combat</b> Studio B £5.30 ▲	10.30-11.15 <b>Spinning</b> Spinning Studio £5.30 ▲	11.00-11.55 <b>Body Attack</b> Studio A £5.30 ▲	11.00-11.55 <b>Zumba®</b> Studio B £4.80 ▲	12.30-13.15 <b>Family Spinning</b> Spinning Studio £4.00 ▲											
Sunday	9.30-10.25 <b>Spinning</b> Spinning Studio £5.30 ▲	10.00-10.55 <b>Step Aerobics</b> Studio A £4.80 ▲	11.00-11.55 <b>Body Balance</b> Studio A £5.30 ▲	11.30-12.40 <b>Yoga Open</b> Well-being Studio £7.30 ▲	18.30-19.30 <b>Spinning</b> Spinning Studio £5.30 ▲															

**Key**  
 Group Fitness - Free to Full members and Fitness members  
 Well-being - Free to Full members and Fitness members  
 Aqua - Free to Full members and Swimming members  
 Course Only

▲ Free to Full Off-peak members  
 Times are correct at time of printing. Session times are subject to change.  
 For further details please visit [surreysportspark.co.uk](http://surreysportspark.co.uk)

New timetable available August 2010