

FITNESS CLASS TIMETABLE

MONDAY 4 SEPTEMBER - THURSDAY 24 DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:00)						
06:30 - 07:15 Spinning Studio SPINNING Sarah Moore	06:30 - 07:15 Studio A+B W.O.W. Tony Freeth	06:30 - 07:15 Studio A+B SPINNING Sarah Moore	07:00 - 07:45 Studio A+B W.O.W. Tony Freeth	07:00 - 07:55 Studio A+B CIRCUITS John Roach	08:30 - 09:30 Spinning Studio SPINNING Chris Noon	08:30 - 09:30 Spinning Studio SPINNING Candi Styles-Coles
07:00 - 07:30 Fitness Suite SYNRGY 360	07:00 - 07:30 Fitness Suite SYNRGY 360	07:00 - 07:30 Fitness Suite SYNRGY 360	07:00 - 07:30 Fitness Suite SYNRGY 360	07:00 - 07:30 Fitness Suite SYNRGY 360	09:30 - 10:30 Spinning Studio SPINNING Chris Noon	09:30 - 10:30 Spinning Studio SPINNING Candi Styles-Coles
09:30 - 10:25 Studio A+B BODY PUMP Jon Hawkins	09:30 - 10:15 Spinning Studio SPINNING Tony Freeth	09:30 - 10:30 Studio A+B BODY PUMP Tony Coker	08:30 - 09:15 Spinning Studio SPINNING Ollie Shead	09:30 - 10:15 Spinning Studio SPINNING Tony Freeth	10:00 - 10:30 Fitness Suite SYNRGY 360	09:45 - 10:40 Studio A+B BODY COMBAT Sophia Benham
10:00 - 10:30 Fitness Suite SYNRGY 360	10:00 - 10:30 Fitness Suite SYNRGY 360	10:00 - 10:30 Fitness Suite SYNRGY 360	09:30 - 10:15 Studio A BARRE BURN Jenny Hogg	09:30 - 10:25 Studio A BODY PUMP Jon Hawkins	10:00 - 10:55 Studio A+B BODY PUMP Philippa Vince	10:00 - 10:30 Fitness Suite SYNRGY 360
12:00 - 12:55 Studio A BODY ATTACK Charlotte Hunter	10:00 - 10:55 Studio A ZUMBA Rachel Wilson		09:45 - 10:40 Studio B FIT BALL Laura Gould	09:30 - 10:25 Studio A TOTAL BODY Katherine Gervasio	11:05 - 12:00 Studio A+B ZUMBA Clare Charrett	
12:00 - 12:55 Studio B FIT STEPS Paula Stitch	11:30 - 12:20 Studio A INSANITY™ Emily Lambourne		10:00 - 10:30 Fitness Suite SYNRGY 360	10:00 - 10:30 Fitness Suite SYNRGY 360		
	11:30 - 12:30 Studio B BARRE BURN Jenny Hogg		11:00 - 11:55 Studio A FIT STEPS Paula Stitch			
LUNCHTIME SESSIONS (12:00 - 14:30)						
12:30 - 13:15 Spinning Studio SPINNING Bryan Evans	12:30 - 13:15 Spinning Studio SPINNING Ollie Shead	12:00 - 12:45 Studio A BARS & BELLS Katie Sindle	12:00 - 12:55 Studio A BODY BLAST Louisa Chilvers	12:00 - 12:55 Studio B ZUMBA Rachel Wilson	12:15 - 13:10 Studio A BODY ATTACK Kayleigh Beeson	
13:00 - 13:30 Fitness Suite SYNRGY 360	12:45 - 13:30 Studio A BARS & BELLS Emily Lambourne	12:00 - 12:55 Studio B BODY ATTACK Charlotte Hunter	12:00 - 12:55 Studio B BODY PUMP TBC	12:00 - 12:55 Studio A BODY ATTACK Amy Coomber		
13:00 - 13:30 Studio A HARDCORE Charlotte Hunter	13:00 - 13:30 Fitness Suite SYNRGY 360	12:30 - 13:15 Spinning Studio SPINNING Bryan Evans	12:30 - 13:15 Spinning Studio SPINNING Ollie Shead	12:30 - 13:15 Spinning Studio SPINNING Tony Freeth		
13:00 - 14:00 Studio B BOXERCISE Emily Lambourne	14:00 - 14:45 Studio A HARDCORE Emily Lambourne	13:00 - 13:30 Fitness Suite SYNRGY 360	13:00 - 13:30 Fitness Suite SYNRGY 360	13:00 - 13:30 Fitness Suite SYNRGY 360		
		13:00 - 14:00 Studio B LEGS, BUMS & TUMS Charlotte Hunter		13:00 - 13:45 Studio A HARDCORE Katie Sindle		
EVENING SESSIONS (17:00 - 21:00)						
16:30 - 17:15 Studio B BODY BLAST Louise Chilvers	17:15 - 18:00 Spinning Studio SPINNING Bryan Evans	16:30 - 17:15 Studio A ZUMBA Louisa Chilvers	17:30 - 18:00 Fitness Suite SYNRGY 360	17:30 - 18:00 Fitness Suite SYNRGY 360	15:00 - 15:30 Fitness Suite SYNRGY 360	15:00 - 15:30 Fitness Suite SYNRGY 360
17:30 - 18:00 Fitness Suite SYNRGY 360	17:30 - 18:00 Fitness Suite SYNRGY 360	17:30 - 18:00 Fitness Suite SYNRGY 360	18:00 - 19:00 Studio A STRIKE FORCE! Tony Coker	18:00 - 18:55 Studio A BODY PUMP Philippa Vince	KEY: ■ SWEAT ■ SHAPE ■ SPIN ■ SHAKE Classes are available as part of some memberships or on a pay-as-you-go basis. Members can book classes up to 14 days in advance, whilst non-members can book 7 days in advance. Members must check-in at the kiosks or Front of House 5 minutes before the class start time. Members must also sign in on the class register with the instructor NON-MEMBER PRICES 45 Minute sessions - £6.20 55 Minute sessions - £6.50 PROGRAMME CHANGES Please note, the current timetable and sessions are subject to change in certain circumstances. Please ensure you check online at surreysportspark.co.uk for up-to-date changes to advertised times. Times are correct at time of printing.	
18:00 - 18:55 Studio A+B BODY PUMP Tony Coker	17:45 - 18:45 Studio A+B ZUMBA Jenny Hogg	18:00 - 18:55 Studio A BODY PUMP Philippa Vince	18:15 - 19:00 Studio B BARRE BURN Jenny Hogg	18:00 - 18:45 Studio B W.O.W. Tony Freeth		
18:15 - 19:15 Spinning Studio SPINNING Michelle Colvin	18:00 - 18:55 Sports Arena A CIRCUITS Ollie Shead	18:00 - 18:55 Studio B BODY COMBAT Lynne Carver	18:30 - 19:15 Spinning Studio SPINNING Laura Phillips	18:30 - 19:30 Spinning Studio SPINNING Sarah Moore		
19:00 - 19:55 Studio A+B BODY COMBAT Michaela Afford	18:15 - 19:00 Spinning Studio SPINNING Bryan Evans	18:15 - 19:15 Spinning Studio SPINNING Michelle Colvin	19:05 - 20:00 Studio B ZUMBA Paula Sttich			
19:30 - 20:30 Spinning Studio SPINNING Michelle Colvin	19:00 - 19:55 Studio A+B STRIKE FORCE! Tony Coker	19:05 - 20:00 Studio A BODY ATTACK Kayleigh Beeson	19:30 - 20:15 Spinning Studio SPINNING Laura Phillips			
20:00 - 20:55 Studio A+B BODY ATTACK Kayleigh Beeson	19:15 - 20:00 Spinning Studio SPINNING Chris Noon	19:15 - 20:00 Studio B LEGS, BUMS & TUMS Sarah Moore				
	20:05 - 21:00 Studio A+B BODY PUMP Cass Rix	19:30 - 20:30 Spinning Studio SPINNING Michelle Colvin				