

# Group Fitness Timetable

## Summer 2010 Timetable

|           |  |  |  |   |   |  |   |   |  |   |  |   |   |  |   |  |   |
|-----------|--|--|--|---|---|--|---|---|--|---|--|---|---|--|---|--|---|
| Monday    | 6.30-7.15<br><b>Spinning</b><br>Spinning Studio<br>£5.50       | 9.45-10.40<br><b>Body Pump</b><br>Studio A<br>£5.30 ▲                | 10.45-11.40<br><b>Body Balance</b><br>Studio A<br>£5.30 ▲              | 11.30-12.25<br><b>Yoga Open</b><br>Well-being Studio<br>£7.30 ▲     | 12.30-13.15<br><b>Legs Bums and Tums</b><br>Studio A and B<br>£4.80 ▲             | 12.30-13.15<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲ | 13.30-14.25<br><b>Pilates Beg</b><br>Well-being Studio<br>Course Only | 18.00-18.55<br><b>Body Pump</b><br>Studio A<br>£5.50                | 18.00-18.55<br><b>Body Combat</b><br>Studio B<br>£5.50     | 18.00-19.00<br><b>Circuit Training</b><br>Arena C<br>£5.00    | 18.15-19.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50           | 19.00-19.55<br><b>Pilates Beg</b><br>Well-being Studio<br>£7.50         | 19.00-19.55<br><b>Body Attack</b><br>Arena B<br>£5.50                       | 19.30-20.30<br><b>Spinning</b><br>Spinning Studio<br>£5.50 | 20.00-20.55<br><b>Pilates Imp</b><br>Well-being Studio<br>Course Only | 20.00-20.55<br><b>Body Balance</b><br>Studio A<br>£5.50            |   |
| Tuesday   | 7.00-7.55<br><b>Early Morning Circuits</b><br>Arena C<br>£5.00 | 7.30-8.15<br><b>Spinning</b><br>Spinning Studio<br>£5.50             | 9.45-10.30<br><b>Splash Water Workout</b><br>Swimming Pool<br>£4.80 ▲  | 9.45-10.40<br><b>Zumba@</b><br>Studio A and B<br>£4.80 ▲            | 10.45-11.40<br><b>Legs Bums and Tums</b><br>Studio A and B<br>£4.80 ▲             | 12.45-13.30<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲ | 13.05-13.50<br><b>Fit Ball Workout</b><br>Studio A<br>£4.80 ▲         | 13.30-14.25<br><b>Pilates Open</b><br>Well-being Studio<br>£7.30 ▲  | 17.15-18.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50 | 17.30-18.25<br><b>Circuit Training</b><br>Arena C<br>£5.00    | 18.00-18.55<br><b>Zumba@</b><br>Studio A<br>£5.00                    | 18.15-19.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50              | 19.00-20.10<br><b>Ashtanga Yoga Beg</b><br>Well-being Studio<br>Course Only | 19.00-19.55<br><b>Body Combat</b><br>Studio A<br>£5.50     | 19.15-20.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50            | 20.00-20.55<br><b>Body Pump</b><br>Studio A<br>£5.50               | 20.15-21.25<br><b>Ashtanga Yoga Imp</b><br>Well-being Studio<br>Course Only |
| Wednesday | 6.30-7.15<br><b>Spinning</b><br>Spinning Studio<br>£5.50       | 9.30-10.15<br><b>Power Water Workout</b><br>Swimming Pool<br>£4.80 ▲ | 10.00-10.55<br><b>Body Pump</b><br>Studio A<br>£5.30 ▲                 | 11.30-12.25<br><b>Pushy Mothers Buggy Workout</b><br>External Space | 12.15-13.10<br><b>Freestyle Fitness Yoga Open</b><br>Well-being Studio<br>£7.30 ▲ | 12.30-13.15<br><b>Aerobic Attack</b><br>Studio A<br>£4.80 ▲  | 12.30-13.15<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲          | 17.15-18.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50          | 17.30-18.25<br><b>Boxercise</b><br>Studio B<br>£5.00       | 18.00-18.55<br><b>Legs Bums and Tums</b><br>Studio A<br>£5.00 | 18.00-18.55<br><b>Boot Camp</b><br>External Space<br>£5.00           | 18.00-18.55<br><b>Power Pilates</b><br>Well-being Studio<br>Course Only | 18.15-19.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50                  | 19.00-19.55<br><b>Body Pump</b><br>Studio A<br>£5.50       | 19.15-20.15<br><b>Spinning</b><br>Spinning Studio<br>£7.50            | 20.15-21.00<br><b>Deep Water Workout</b><br>Swimming Pool<br>£5.00 | 21.00 - 21.45<br><b>Spinning</b><br>Spinning Studio<br>£5.50                |
| Thursday  | 6.45-7.40<br><b>Body Pump</b><br>Studio A<br>£5.50             | 7.30-8.15<br><b>Spinning</b><br>Spinning Studio<br>£5.50             | 9.45-10.40<br><b>Body Attack</b><br>Studio A<br>£5.30 ▲                | 10.45-11.40<br><b>Body Balance</b><br>Studio A<br>£5.30 ▲           | 12.30-13.25<br><b>Pilates Beg</b><br>Well-being Studio<br>Course Only             | 17.30-18.25<br><b>Circuit Training</b><br>Arena C<br>£5.00   | 18.00-18.45<br><b>Power Water Workout</b><br>Swimming Pool<br>£5.00   | 18.00-18.55<br><b>Step Aerobics</b><br>Studio A<br>£5.00            | 18.00-18.55<br><b>Body Attack</b><br>Studio B<br>£5.50     | 18.15-19.00<br><b>Spinning</b><br>Spinning Studio<br>£5.50    | 19.00-19.55<br><b>Body Balance</b><br>Studio B<br>£5.50              | 19.00-20.10<br><b>Yoga Open</b><br>Well-being Studio<br>£7.50           | 19.00-19.55<br><b>Body Pump</b><br>Studio A<br>£5.50                        | 19.30-20.30<br><b>Spinning</b><br>Spinning Studio<br>£5.50 | 20.15-21.25<br><b>Yoga Open</b><br>Well-being Studio<br>£7.50         |  |   |
| Friday    | 7.00-7.55<br><b>Early Morning Circuits</b><br>Arena C<br>£5.00 | 9.45-10.40<br><b>Aerobic Attack</b><br>Studio A<br>£4.80 ▲           | 10.00-10.45<br><b>Splash Water Workout</b><br>Swimming Pool<br>£4.80 ▲ | 10.45-11.40<br><b>Body Balance</b><br>Studio A<br>£5.30 ▲           | 11.30-12.25<br><b>Yoga Open</b><br>Well-being Studio<br>£7.30 ▲                   | 12.15-13.10<br><b>Zumba@</b><br>Studio A and B<br>£4.80 ▲    | 12.30-13.15<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲          | 12.30-13.25<br><b>Pilates Open</b><br>Well-being studio<br>£7.30 ▲  | 18.00-18.55<br><b>Body Pump</b><br>Studio A<br>£5.50       | 18.00-18.55<br><b>Body Jam</b><br>Studio B<br>£5.50           | 18.30-20.00<br><b>Endurance Spinning</b><br>Spinning Studio<br>£7.50 | 19.00-19.55<br><b>Body Balance</b><br>Studio A<br>£5.50                 |   |  |   |  |   |
| Saturday  | 9.30-10.25<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲    | 9.30-10.25<br><b>Boot Camp</b><br>External Space<br>£4.80 ▲          | 10.00-10.55<br><b>Body Pump</b><br>Studio A<br>£5.30 ▲                 | 10.00-10.55<br><b>Body Combat</b><br>Studio B<br>£5.30 ▲            | 10.30-11.15<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲                      | 11.00-11.55<br><b>Body Attack</b><br>Studio A<br>£5.30 ▲     | 11.00-11.55<br><b>Zumba@</b><br>Studio B<br>£4.80 ▲                   | 12.30-13.15<br><b>Family Spinning</b><br>Spinning Studio<br>£4.00 ▲ |  |   |  |   |   |  |   |  |   |
| Sunday    | 9.30-10.25<br><b>Spinning</b><br>Spinning Studio<br>£5.30 ▲    | 10.00-10.55<br><b>Step Aerobics</b><br>Studio A<br>£4.80 ▲           | 11.00-11.55<br><b>Body Balance</b><br>Studio A<br>£5.30 ▲              | 11.30-12.40<br><b>Yoga Open</b><br>Well-being Studio<br>£7.30 ▲     | 18.30-19.30<br><b>Spinning</b><br>Spinning Studio<br>£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