

# FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSIONS (06:30 - 12:00)</b>						
06:30 - 07:15 Indoor Cycling Studio <b>PARK CLASSIC</b> Sarah Moore	07:00 - 07:30 Fitness Suite <b>SYNRGY</b>	06:15 - 07:00 Indoor Cycling Studio <b>COACH BY COLOUR</b> Sarah Moore	06:30 - 07:00 Studio A <b>GRIT STRENGTH</b> Pippa Gibson	07:00 - 07:30 Fitness Suite <b>SYNRGY</b>	08:15 - 09:15 Indoor Cycling Studio <b>COACH BY COLOUR</b> Maddy Bard	08:15 - 09:15 Indoor Cycling Studio <b>ICG CONNECT</b> Mark Coomber
06:30 - 07:00 Studio A+B <b>GRIT STRENGTH</b> Kayleigh Peace	07:00 - 07:45 Studio A+B <b>W.O.W.</b> Tony Freeth	07:00 - 07:30 Fitness Suite <b>SYNRGY</b>	07:00 - 07:30 Fitness Suite <b>SYNRGY</b>	07:00 - 07:55 Studio A+B <b>CIRCUITS</b> John Roach	09:30 - 10:25 Indoor Cycling Studio <b>MYRIDE</b> Maddy Bard	09:30 - 10:30 Indoor Cycling Studio <b>COACH BY COLOUR</b> Mark Coomber
07:05 - 07:35 Studio A+B <b>CXWORX</b> Freya Hodgkin	09:30 - 10:15 Indoor Cycling Studio <b>ICG CONNECT</b> Tony Freeth	09:30 - 10:25 Studio A+B <b>BODY PUMP</b> Tony Coker	07:05 - 07:35 Studio A <b>CXWORX</b> Pippa Gibson	08:00 - 08:55 Studio A+B <b>FFL CIRCUITS</b> John Roach	10:00 - 10:30 Fitness Suite <b>SYNRGY</b>	09:45 - 10:30 Studio A+B <b>BODY ATTACK</b> Amy Moran
07:00 - 07:30 Fitness Suite <b>SYNRGY</b>	10:00 - 10:30 Fitness Suite <b>SYNRGY</b>	11:30 - 12:30 Sprint Track <b>BATTLECAMP</b> Rory Lewis	09:30 - 10:15 Indoor Cycling Studio <b>MYRIDE</b> Maddy Bard	09:30 - 10:25 Studio A <b>BODY PUMP</b> Jon Hawkins	10:00 - 10:55 Studio A+B Philippa Vince/Kayleigh Peace <b>BODY PUMP</b>	10:00 - 10:30 Fitness Suite <b>SYNRGY</b>
09:30 - 10:25 Studio A+B <b>BODY PUMP</b> Jon Hawkins	10:00 - 10:55 Studio A <b>ZUMBA</b> Rachel Wilson		10:00 - 10:30 Fitness Suite <b>SYNRGY</b>	09:30 - 10:25 Studio B <b>TOTAL BODY CONDITIONING</b> Katherine Gervasio	11:05 - 12:00 Studio A+B <b>ZUMBA</b> Clare Charrett	10:35 - 11:05 Studio A+B <b>CXWORX</b> Amy Moran
10:00 - 10:30 Fitness Suite <b>SYNRGY</b>			11:00 - 11:55 Studio A <b>FIT STEPS</b> Paula Stitch	09:30 - 10:15 Indoor Cycling Studio <b>COACH BY COLOUR</b> Tony Freeth		
10:45 - 11:45 Studio A+B <b>FFL CIRCUITS</b> John Roach			11:00 - 12:00 Studio B <b>FFL CIRCUITS</b> John Roach	10:00 - 10:30 Fitness Suite <b>SYNRGY</b>		
11:55 - 12:50 Studio B <b>FIT STEPS</b> Paula Stitch				11:00 - 11:55 Studio A <b>FFL CIRCUITS</b> John Roach		
<b>LUNCHTIME SESSIONS (12:00 - 14:30)</b>						
12:00 - 12:30 Studio A <b>GRIT STRENGTH</b> Charlotte Hunter	12:00 - 12:30 Studio A <b>GRIT STRENGTH</b> Jordain Pearce	12:00 - 13:00 Studio A <b>BODY ATTACK</b> Charlotte Hunter	12:30 - 13:15 Studio A <b>BODY PUMP 45</b> Pia Eaves	12:00 - 12:55 Studio A <b>BODY ATTACK</b> Freya Hodgkin	12:10 - 12:55 Studio A <b>BODY ATTACK</b> Kayleigh Peace	15:00 - 15:30 Fitness Suite <b>SYNRGY</b>
12:30 - 13:15 Indoor Cycling Studio <b>COACH BY COLOUR</b> Bryan Evans	12:35 - 13:05 Studio A <b>CXWORX</b> Freya Hodgkin	12:30 - 13:15 Indoor Cycling Studio <b>PARK CLASSIC</b> Bryan Evans	12:45 - 13:15 Studio B <b>GRIT CARDIO</b> Kayleigh Peace	12:30 - 13:15 Indoor Cycling Studio <b>ICG CONNECT</b> Tony Freeth	15:00 - 15:30 Fitness Suite <b>SYNRGY</b>	
12:35 - 13:20 Studio A <b>BODY ATTACK</b> Charlotte Hunter		13:05 - 14:00 Studio A <b>LEGS, BUMS &amp; TUMS</b> Charlotte Hunter	13:20 - 13:50 Studio A <b>CXWORX</b> Pia Eaves		13:05 - 13:35 Studio A + B <b>GRIT STRENGTH</b> Kayleigh Peace	
13:25 - 14:10 Studio A <b>LEGS, BUMS &amp; TUMS</b> Charlotte Hunter			13:45 - 14:45 Studio B <b>FFL CIRCUITS</b> John Roach			
13:45 - 14:45 Studio B <b>FFL CIRCUITS</b> John Roach						
<b>EVENING SESSIONS (17:00 - 21:00)</b>						
17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	17:15 - 18:00 Indoor Cycling Studio <b>PARK CLASSIC</b> Bryan Evans	17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	17:15 - 17:45 Indoor Cycling Studio <b>ICG HIIT</b> Tony Freeth	17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	
18:00 - 18:55 Studio A+B <b>BODY PUMP</b> Tony Coker	17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	18:00 - 18:30 Studio B <b>GRIT CARDIO</b> Kayleigh Peace	17:30 - 18:00 Fitness Suite <b>SYNRGY</b>	18:00 - 18:55 Studio A Philippa Vince/Kayleigh Peace <b>BODY PUMP</b>		
18:15 - 19:15 Indoor Cycling Studio <b>COACH BY COLOUR</b> Tony Freeth	18:00 - 18:55 Studio A+B <b>ZUMBA</b> Caroline Crowe	18:00 - 18:55 Studio A <b>BODY PUMP</b> Philippa Vince	18:00 - 18:45 Indoor Cycling Studio <b>COACH BY COLOUR</b> Tony Freeth	18:30 - 19:15 Indoor Cycling Studio <b>PARK CLASSIC</b> Sarah Moore		
19:00 - 19:55 Studio A+B <b>BODY ATTACK</b> Kayleigh Peace	18:15 - 19:00 Indoor Cycling Studio <b>COACH BY COLOUR</b> Bryan Evans	18:15 - 19:15 Indoor Cycling Studio <b>PARK CLASSIC</b> Mike Hodges	18:00 - 18:55 Studio B <b>STRIKE FORCE!</b> Freya Hodgkin			
19:30 - 20:30 Indoor Cycling Studio <b>PARK CLASSIC</b> Tony Freeth	19:15 - 20:00 Indoor Cycling Studio <b>PARK CLASSIC</b> Mike Hodges	18:35 - 19:05 Studio B <b>CXWORX</b> Freya Hodgkin	18:00 - 18:55 Studio A <b>ZUMBA</b> Paula Stitch			
	19:25 - 19:55 Studio A + B <b>CXWORX</b> Freya Hodgkin	19:10 - 19:55 Studio B <b>LEGS, BUMS &amp; TUMS</b> Freya Hodgkin	19:00 - 20:00 Indoor Cycling Studio <b>ICG CONNECT</b> Tony Freeth			
	20:00 - 20:55 Studio A+B <b>BODY PUMP</b> Freya Hodgkin	19:05 - 20:00 Studio A <b>BODY ATTACK</b> Kayleigh Peace				
		19:30 - 20:30 Indoor Cycling Studio <b>COACH BY COLOUR</b> Mike Hodges				

**KEY:**  
■ SWEAT    ■ SHAPE    ■ ICG    ■ 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

**MEMBER PRICES**  
FREE

**NON-MEMBER PRICES**  
 30 Minute Class - £4.80  
 45 Minute Class - £6.50  
 1 Hour Class - £6.80

**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](http://surreysportspark.co.uk) for up-to-date changes to advertised times. Times are correct at time of printing.