

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:00)						
06:30 - 07:15 Indoor Cycling Studio PARK CLASSIC Sarah Moore	07:00 - 07:30 Fitness Suite SYNRGY Gym Team	06:30 - 07:15 Indoor Cycling Studio PARK CLASSIC Sarah Moore	06:30 - 07:00 Studio A GRIT STRENGTH Pippa Gibson	07:00 - 07:30 Fitness Suite SYNRGY Gym Team	08:15 - 09:15 Indoor Cycling Studio COACH BY COLOUR Maddy Bard	08:15 - 09:15 Indoor Cycling Studio ICG CONNECT Mark Coomber
07:00 - 07:30 Studio A+B GRIT STRENGTH Kayleigh Peace	07:00 - 07:45 Studio A+B W.O.W. Tony Freeth	07:00 - 07:30 Fitness Suite SYNRGY Gym Team	07:00 - 07:30 Fitness Suite SYNRGY Gym Team	07:00 - 07:45 Indoor Cycling Studio INDOOR CYCLING (V) Virtual Coach	09:30 - 10:25 Indoor Cycling Studio MYRIDE Maddy Bard	09:30 - 10:25 Indoor Cycling Studio COACH BY COLOUR Mark Coomber
07:35 - 08:05 Studio A+B CXWORX Freya Hodgkin	09:30 - 10:15 Indoor Cycling Studio ICG CONNECT Tony Freeth	09:30 - 10:25 Studio A+B BODY PUMP Lauren England	07:35 - 08:05 Studio A CXWORX Pippa Gibson	07:00 - 07:55 Studio A+B CIRCUITS John Roach	10:00 - 10:30 Fitness Suite SYNRGY Gym Team	09:45 - 10:30 Studio A+B BODY ATTACK Amy Moran
07:00 - 07:30 Fitness Suite SYNRGY Gym Team	10:00 - 10:30 Fitness Suite SYNRGY Gym Team	10:00 - 10:30 Fitness Suite SYNRGY Gym Team	09:30 - 10:15 Indoor Cycling Studio MYRIDE Maddy Bard	08:00 - 08:55 Studio A+B FFL CIRCUITS John Roach	10:00 - 10:55 Studio A+B Philippa Vince/Kayleigh Peace BODY PUMP	10:00 - 10:30 Fitness Suite SYNRGY Gym Team
08:00 - 08:30 Indoor Cycling Studio INDOOR CYCLING (V) Virtual Coach	10:00 - 10:55 Studio A ZUMBA Rachel Wilson		10:00 - 10:30 Fitness Suite SYNRGY Gym Team	09:30 - 10:25 Studio A BODY PUMP Jon Hawkins	11:05 - 12:05 Studio A+B ZUMBA Clare Charrett	10:35 - 11:05 Studio A+B CXWORX Amy Moran
09:30 - 10:25 Studio A+B BODY PUMP Jon Hawkins			10:30 - 11:15 Indoor Cycling Studio ICG CONNECT Maddy Bard	09:30 - 10:25 Studio B TOTAL BODY CONDITIONING Katherine Gervasio		
10:00 - 10:30 Fitness Suite SYNRGY Gym Team			11:00 - 11:55 Studio A FIT STEPS Paula Stitch	09:30 - 10:15 Indoor Cycling Studio COACH BY COLOUR Tony Freeth		
10:45 - 11:45 Studio A+B FFL CIRCUITS John Roach			11:00 - 12:00 Studio B FFL CIRCUITS John Roach	10:00 - 10:30 Fitness Suite SYNRGY Gym Team		
11:55 - 12:50 Studio B FIT STEPS Paula Stitch				11:00 - 12:00 Studio A FFL CIRCUITS John Roach		
LUNCHTIME SESSIONS (12:00 - 14:30)						
12:00 - 12:30 Studio A GRIT STRENGTH Charlotte Hunter	12:00 - 12:45 Studio A BODY PUMP Freya Hodgkin	12:00 - 12:55 Studio A BODY ATTACK Charlotte Hunter	12:10 - 12:55 Studio B LEGS, BUMS & TUMS Freya Hodgkin	12:00 - 12:55 Studio A BODY ATTACK Freya Hodgkin	12:10 - 13:05 Studio A BODY ATTACK Kayleigh Peace	15:00 - 15:30 Fitness Suite SYNRGY Gym Team
12:30 - 13:15 Indoor Cycling Studio COACH BY COLOUR Bryan Evans	12:00 - 13:00 Indoor Cycling Studio INDOOR CYCLING (V) Virtual Coach	12:30 - 13:15 Indoor Cycling Studio PARK CLASSIC Bryan Evans	12:30 - 13:30 Studio A BODY PUMP Pia Eaves	12:00 - 13:00 Studio B ZUMBA Rachel Wilson	13:10 - 13:40 Studio B GRIT STRENGTH Kayleigh Peace	
12:35 - 13:20 Studio A BODY ATTACK Charlotte Hunter	12:15 - 12:45 Studio B GRIT STRENGTH Kayleigh Peace	13:00 - 13:55 Studio A LEGS, BUMS & TUMS Charlotte Hunter	13:35 - 14:05 Studio A CXWORX Pia Eaves	12:30 - 13:15 Indoor Cycling Studio ICG CONNECT Tony Freeth		
13:00 - 13:30 Fitness Suite SYNRGY Gym Team	12:50 - 13:20 Studio A CXWORX Freya Hodgkin	13:00 - 13:30 Fitness Suite SYNRGY Gym Team	13:45 - 14:45 Studio B FFL CIRCUITS John Roach	13:00 - 13:30 Fitness Suite SYNRGY Gym Team		
13:25 - 14:10 Studio A LEGS, BUMS & TUMS Charlotte Hunter	13:00 - 13:30 Fitness Suite SYNRGY Gym Team					
13:45 - 14:45 Studio B FFL CIRCUITS John Roach						
EVENING SESSIONS (17:00 - 21:00)						
17:30 - 18:00 Fitness Suite SYNRGY Gym Team	17:15 - 18:00 Indoor Cycling Studio PARK CLASSIC Bryan Evans	17:30 - 18:00 Fitness Suite SYNRGY Gym Team	17:30 - 18:00 Fitness Suite SYNRGY Gym Team	17:30 - 18:00 Fitness Suite SYNRGY Gym Team	17:30 - 18:00 Fitness Suite SYNRGY Gym Team	
18:00 - 18:55 Studio A+B BODY PUMP Tony Coker	17:30 - 18:00 Fitness Suite SYNRGY Gym Team	18:00 - 18:30 Studio B GRIT CARDIO Kayleigh Peace	18:00 - 18:45 Indoor Cycling Studio COACH BY COLOUR Tony Freeth	18:00 - 18:55 Studio A Philippa Vince/Kayleigh Peace BODY PUMP	18:00 - 18:55 Studio A Philippa Vince/Kayleigh Peace BODY PUMP	
18:15 - 19:15 Indoor Cycling Studio COACH BY COLOUR Tony Freeth	18:00 - 18:55 Studio A+B ZUMBA Caroline Crowe	18:00 - 18:55 Studio A BODY PUMP Philippa Vince	18:00 - 18:55 Studio B STRIKE FORCE! Tony Coker	18:30 - 19:15 Indoor Cycling Studio PARK CLASSIC Sarah Moore		
19:00 - 19:55 Studio A+B BODY ATTACK Kayleigh Peace	18:15 - 19:00 Indoor Cycling Studio COACH BY COLOUR Bryan Evans	18:15 - 19:00 Indoor Cycling Studio PARK CLASSIC Mike Hodges	18:00 - 18:55 Studio A ZUMBA Paula Stitch			
19:30 - 20:30 Indoor Cycling Studio PARK CLASSIC Tony Freeth	19:15 - 20:00 Indoor Cycling Studio PARK CLASSIC Mike Hodges	18:35 - 19:05 Studio B CXWORX Freya Hodgkin	19:00 - 20:00 Indoor Cycling Studio ICG CONNECT Tony Freeth			
	19:25 - 20:25 Studio A+B BODY PUMP Freya Hodgkin	19:10 - 19:55 Studio B LEGS, BUMS & TUMS Freya Hodgkin				
	20:30 - 21:00 Studio A + B CXWORX Freya Hodgkin	19:05 - 20:00 Studio A BODY ATTACK Kayleigh Peace				
		19:30 - 20:00 Indoor Cycling Studio INDOOR CYCLING (V) Virtual Coach				

KEY:
■ SWEAT ■ SHAPE ■ ICG ■ SHAKE (V) VIRTUAL CLASS

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 for up-to-date changes to advertised times. Times are correct at time of printing.