

Fitness Classes 26th July – 15th August 2021													
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Morning Sessions 06:30 to 12:15													
06:30 - 07:15 Indoor Cycling Studio	Park Classic Sarah Moore Arena C	07:00 - 07:45 W.O.W Tony Freeth	06:30 - 07:15 Indoor Cycling Studio	Park Classic Sarah Moore Arena C	09:15 - 10:00 Pilates Sharon Ayre	06:30 - 07:15 Indoor Cycling Studio	Park Classic Sarah Moore Indoor Cycling Studio	08:45 - 09:30 Indoor Cycling Studio	Park Classic Mike Hodges	08:45 - 09:30 Indoor Cycling Studio	Coach by Colour Mike Hodges		
07:00 - 07:30 Gym	Synergy Fitness Team	07:00 - 07:30 Gym	Synergy Fitness Team	07:00 - 07:30 Gym	Synergy Fitness Team	09:45 - 10:30 Indoor Cycling Studio	Coach by Colour Iona Johnstone	07:00 - 07:45 Arena C	HIT & Core Tony Freeth	10:15 - 11:00 Arena C	Body Pump Phillipa Vince	10:15 - 11:00 Tennis 3, 4 & 5	Body Attack Pippa Gibson
08:30 - 09:15 Indoor Cycling Studio	ICG Connect Anthony Lileyman	09:15 - 10:00 Tennis 3, 4 & 5	Yoga Loni Lincoln	09:15 - 10:00 Outside	Body Bootcamp Rory Lewis	10:15 - 11:00 Arena C	Yoga Flow Rafaella Di Nicola	07:00 - 07:30 Gym	Synergy Fitness Team	11:15 - 12:00 Arena C	Zumba Claire Carrett		
10:15 - 11:00 Lanes 1 - 4, 25m Shallow	Aquafit Caroline Crowe	09:45 - 10:30 Indoor Cycling Studio	ICG Connect Tony Freeth	11:15 - 12:00 Arena C	Pilates Bryan Evans	11:15 - 12:00 Tennis 3, 4 & 5	Fitsteps Paula Stitch	09:45 - 10:30 Outside	Body Bootcamp Jack Tattersal				
11:00 - 11:45 Tennis 3, 4 & 5	Slow Flow Yoga Loni Lincoln	10:15 - 11:00 Tennis 3, 4 & 5	Zumba Rachel Wilson	11:45 - 12:30 Lanes 1 - 4, 25m Shallow	Aqua Zumba Alison Edwards			09:45 - 10:30 Indoor Cycling Studio	Coach by Colour Tony Freeth				
11:00 - 11:45 Arena C	Body Pump Jon Hawkins	11:15 - 12:00 Tennis 3, 4 & 5	Slow Flow Yoga Emily Young					10:45 - 11:30 Arena C	Total Body Con Katharine Gervasio				
		11:15 - 12:00 Arena C	FFL Circuits Tony Freeth					11:00 - 11:45 Lanes 1 - 4, 25m Shallow	Aqua Fit Alison Edwards				
								11:45 - 12:30 Tennis 3, 4 & 5	Pure Stretch Katherine Gervasio				
Afternoon Sessions 12:15 to 16:30													
12:15 - 13:00 Arena C	Body Attack Lauren England / Charlotte Hunter	13:00 - 13:30 Gym	Synergy Fitness Team	12:15 - 13:00 Arena C	Body Attack Charlotte Hunter	12:15 - 13:00 Arena C	LBT Freya Hodgkin	12:45 - 13:30 Indoor Cycling Studio	ICG Connect Tony Freeth	12:15 - 13:00 Arena C	Body Attack Pippa Gibson / Harry Mills	13:00 - 13:30 Gym	Synergy Fitness Team
12:45 - 13:30 Indoor Cycling Studio	Coach by Colour Bryan Evans	13:45 - 14:30 Arena C	Pilates Sharon Ayre	12:45 - 13:30 Lanes 1 - 4, 25m Shallow	Aqua Zumba Alison Edwards	12:45 - 13:30 Lanes 1 - 4, 25m Shallow	Aqua Zumba Alison Edwards	13:00 - 13:30 Gym	Synergy Fitness Team	13:00 - 13:30 Gym	Synergy Fitness Team		
13:00 - 13:30 Gym	Synergy Fitness Team			12:45 - 13:30 Indoor Cycling Studio	Park Classic Bryan Evans	13:00 - 13:30 Gym	Synergy Fitness Team	12:45 - 13:30 Tennis 3, 4 & 5	Body Attack Freya Hodgkin				
13:15 - 14:00 Arena C	Legs, Bums & Tums Lauren England / Charlotte Hunter			13:00 - 13:30 Gym	Synergy Fitness Team								
13:15 - 14:00 Tennis 3, 4 & 5	Fit Steps Paula Stitch			13:15 - 14:00 Arena C	Legs, Bums & Tums Charlotte Hunter								
Evening Sessions 16:30 to 20:00													
17:30 - 18:00 Gym	Synergy Fitness Team	17:30 - 18:15 Gym	Synergy Fitness Team	15:30 - 16:15 Arena C	Yoga Rafaella Di Nicola	18:00 - 18:45 Tennis 3, 4 & 5	Zumba Paula Stitch	17:15 - 18:00 Arena C	Pilates Sonya Turpin/Alexandra Stott				
18:15 - 19:00 Arena C	Body Pump Lauren England	18:15 - 19:00 Indoor Cycling Studio	Park Classic Bryan Evans	17:30 - 18:00 Gym	Synergy Fitness Team	18:30 - 19:15 Indoor Cycling Studio	Coach by Colour Tony Freeth	18:15 - 19:00 Outside	Body Bootcamp Rory				
18:30 - 19:15 Indoor Cycling Studio	Coach by Colour Tony Freeth	18:15 - 19:00 Tennis 3, 4 & 5	Zumba Paula Stitch	18:15 - 19:00 Arena C	Body Pump Phillipa Vince			18:15 - 19:00 Arena C	Body Pump Phillipa Vince				
19:15 - 20:00 Arena C	Body Attack Lauren England	19:15 - 20:00 Indoor Cycling Studio	Park Classic Mike Hodges	18:40 - 19:15 Indoor Cycling Studio	Park Classic Mike Hodges			18:45 - 19:30 Indoor Cycling Studio	Park Classic Sarah Moore				
19:45 - 20:30 Indoor Cycling Studio	Park Classic Tony Freeth	19:15 - 20:00 Arena C	Boxing Blitz Freya Hodgkin	19:15 - 20:00 Arena C	Body Attack Freya Hodgkin			19:15 - 20:00 Arena C	Vinyasa Yoga Tanya Gecim				
20:15 - 21:00 Arena C	Body Balance Freya Hodgkin	20:15 - 21:00 Arena C	Body Pump Freya Hodgkin	20:15 - 21:00 Arena C	Body Balance Freya Hodgkin								

Please arrive 15 minutes before the start of your class.

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

	Strengthen & Tone
	Dance Inspired
	Yoga
	High Intensity
	Cycle
	Aqua

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 4 days in advance.
Members must check-in at Front of House 15 minutes before the class start time
Members must also sign in on the class register with the instructor.

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.

T: 01483 689111
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