

GROUP FITNESS TIMETABLE

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:30 SYNRGY Fitness Suite Fitness Team	07:00 - 07:45 W.O.W Studio A & B Tony Freeth	07:00 - 07:30 SYNRGY Gym Fitness Team	07:00 - 07:30 SYNRGY Fitness Suite Fitness Team	07:00 - 07:30 SYNRGY Fitness Suite Fitness Team	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team
10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	07:00 - 07:30 SYNRGY Fitness Suite Fitness Team	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	07:00 - 07:45 W.O.W Studio A & B Tony Freeth	11:15 - 12:10 ZUMBA Studio A & B Claire Charett	13:00 - 13:30 SYNRGY Fitness Suite Fitness Team
12:30 - 13:00 SYNRGY Fitness Suite Fitness Team	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	12:30 - 13:00 SYNRGY Fitness Suite Fitness Team	11:15 - 12:10 FITSTEPS Studio A & B Paula Stith	10:00 - 10:30 SYNRGY Fitness Suite Fitness Team	12:30 - 13:00 SYNRGY Fitness Suite Fitness Team	
13:15 - 14:10 LEGS, BUMS & TUMS Studio A Lauren England	10:15 - 11:00 ZUMBA Studio A & B Rachel Wilson	13:00 - 13:55 LEGS, BUMS & TUMS Studio A & B Charlotte Hunter	12:15 - 13:10 LEGS, BUMS & TUMS. Studio A & B Sarah Moore	10:35 - 11:30 TOTAL BODY CON Studio A & B Katharine Gervasio		
13:15 - 14:10 FITSTEPS Studio B Paula Stith	12:30 - 13:00 SYNRGY Fitness Suite Fitness Team	17:30 - 18:00 SYNRGY Fitness Suite Fitness Team	12:30 - 13:00 SYNRGY Fitness Suite Fitness Team	12:30 - 13:00 SYNRGY Fitness Suite Fitness Team		
17:30 - 18:00 SYNRGY Fitness Suite Fitness Team	17:30 - 18:00 SYNRGY Fitness Suite Fitness Team		17:30 - 18:00 SYNRGY Fitness Suite Fitness Team	17:30 - 18:00 SYNRGY Fitness Suite Fitness Team		
	18:00 - 18:55 ZUMBA Studio A & B Caroline Crowe		18:00 - 18:55 ZUMBA Studio B Paula Stith			
	19:00 - 19:45 BOXING BLITZ Studio A & B Freya Hodgkin		18:15 - 19:00 BOXING BLITZ Studio A Freya Hodgkin			

Please arrive 15 minutes before the start of your class.

MEMBER PRICES

Free

NON-MEMBER PRICES

30 Minute Class - £4.80

45 Minute Class - £6.50

1 Hour Class - £6.80

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

W: surreysportspark.co.uk

AQUA & WELLBEING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 08:55 POWER YOGA Studio A & B Loni Lincoln	09:00 - 09:55 VINYASA YOGA Studio A & B Loni Lincoln	08:00 - 08:55 VINYASA YOGA Studio A Anastasia Atre	09:15 - 10:10 PILATES Studio A & B Sharon Ayre	11:00 - 11:45 AQUA FIT Swimming Pool Elaine Demery		
09:00 - 09:45 AQUA FIT Swimming Pool Caroline Crowe	11:15 - 12:00 MELLOW FLOW Studio A Emily Young	11:00 - 11:55 PILATES Studio A Bryan Evans	10:15 - 11:10 VINYASA YOGA Studio A Rafaella Di Nicola	11:45 - 12:40 PURE STRETCH Studio A Katharine Gervasio		
10:00 - 10:45 AQUA FIT Swimming Pool Caroline Crowe	11:15 - 12:00 FFL CIRCUITS Studio B Tony Freeth	11:30 - 12:15 AQUA FIT Swimming Pool Beata Stawkia	12:45 - 13:30 AQUA ZUMBA Swimming Pool Alison Edwards	11:45 - 12:40 FFL CIRCUITS Studio B Tony Freeth		
11:00 - 11:55 VINYASA YOGA Studio A Loni Lincoln	13:45 - 14:40 PILATES Studio A & B Sharon Ayre	12:30 - 13:15 AQUA ZUMBA Swimming Pool Alison Edwards	15:30 - 16:25 FFL INDOOR CYCLING Indoor Cycling Tony Freeth	17:00 - 17:55 PILATES Studio B Sonya Turpin		
		20:30 - 21:15 AQUA FIT Swimming Pool Beata Stawkia		19:00 - 19:55 VINYASA YOGA Studio A & B Tanya Gecim		

INDOOR CYCLING

- Strength & Tone
- Dance Inspired
- Yoga
- High Intensity
- Aqua
- Coach By Colour
- Park Classic
- ICG Connect
- Fit For Living

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:20 - 07:15 PARK CLASSIC Indoor Cycling Sarah Moore	09:45 - 10:40 ICG CONNECT Indoor Cycling Tony Freeth	06:20 - 07:15 PARK CLASSIC Indoor Cycling Sarah Moore	09:45 - 10:40 COACH BY COLOUR Indoor Cycling Anthony Lilleyman	06:20 - 07:15 PARK CLASSIC Indoor Cycling Sarah Moore	08:45 - 09:40 PARK CLASSIC Indoor Cycling Mike Hodges	08:45 - 09:30 COACH BY COLOUR Indoor Cycling Mike Hodges
09:20 - 10:15 ICG CONNECT Indoor Cycling Anthony Lilleyman	18:00 - 18:55 PARK CLASSIC Indoor Cycling Bryan Evans	12:45 - 13:30 PARK CLASSIC Indoor Cycling Bryan Evans	12:15 - 13:00 PARK CLASSIC Indoor Cycling Bryan Evans	09:45 - 10:40 COACH BY COLOUR Indoor Cycling Tony Freeth		
12:45 - 13:30 COACH BY COLOUR Indoor Cycling Bryan Evans	19:15 - 20:10 PARK CLASSIC Indoor Cycling Mike Hodges	18:30 - 19:25 PARK CLASSIC Indoor Cycling Mike Hodges	18:45 - 19:40 COACH BY COLOUR Indoor Cycling Tony Freeth	12:45 - 13:40 ICG CONNECT Indoor Cycling Tony Freeth		
18:30 - 19:25 COACH BY COLOUR Indoor Cycling Tony Freeth				18:45 - 19:40 PARK CLASSIC Indoor Cycling Sarah Moore		
19:45 - 20:40 PARK CLASSIC Indoor Cycling Tony Freeth						

LES MILLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:25 BODY PUMP Studio A & B Jon Hawkins	12:15 - 13:10 BODY PUMP Studio A & B Lauren England	09:10 - 09:55 BODY PUMP Studio A & B Lauren England	19:15 - 20:00 BODY BALANCE Studio A & B Freya Hodgkin	09:30 - 10:25 BODY PUMP Studio A & B Jon Hawkins	10:00 - 10:55 BODY PUMP Studio A & B Philippa Vince	10:15 - 11:10 BODY ATTACK Studio A & B Pippa Gibson
12:15 - 13:00 BODY ATTACK Studio A & B Lauren England	20:00 - 20:55 BODY PUMP Studio A Freya Hodgkin	12:00 - 12:55 BODY ATTACK Studio A Charlotte Hunter		13:00 - 13:55 BODY ATTACK Studio A & B Helen Toon	12:15 - 13:10 BODY ATTACK Studio A & B Pippa Gibson	11:15 - 12:00 BODY BALANCE Studio A & B Sonya Turpin
18:00 - 18:55 BODY PUMP Studio A & B Lauren England		18:00 - 18:55 BODY PUMP Studio A & B Phillipa Vince		18:00 - 18:55 BODY PUMP Studio A Phillipa Vince		
19:00 - 19:55 BODY ATTACK Studio A & B Lauren England		19:00 - 19:55 BODY ATTACK Studio A & B Freya Hodgkin				
		20:00 - 20:55 BODY BALANCE Studio A & B Freya Hodgkin				