

# GROUP FITNESS TIMETABLE (W/C 20TH DECEMBER 2021)



## GROUP FITNESS

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Gym Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:45 <b>W.O.W</b> Studio A & B Tony Freeth	SSP CLOSED	SSP CLOSED
10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:45 <b>W.O.W</b> Studio A & B Tony Freeth	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team		
12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	10:00 - 10:30 <b>SYNRGT</b> Fitness Suite Fitness Team	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	12:15 - 13:10 <b>LBT</b> Studio A & B Sarah Moore	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	SSP CLOSED AT 3PM	SSP CLOSED
13:15 - 14:10 <b>LBT</b> Studio A Charlotte Hunter/ Lauren England	12:30-13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	13:00 - 13:55 <b>LBT</b> Studio A & B Charlotte Hunter	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	12:00 - 12:30 <b>SYNRGY</b> Fitness Suite Fitness Team		
17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	17:30-18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	SSP CLOSED AT 3PM	SSP CLOSED	SSP CLOSED
	18:00 - 18:55 <b>ZUMBA</b> Studio A & B Caroline Crowe		18:00 - 18:55 <b>ZUMBA</b> Studio B Bjorn Ramirez			
	19:00 - 19:45 <b>BOXING BLITZ</b> Studio A & B Mike Hodges		18:15 - 19:00 <b>BOXING BLITZ</b> 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](http://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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## AQUA & WELLBEING

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
08:00 - 08:55 <b>POWER YOGA</b> Studio A & B Loni Lincoln	09:00 - 09:55 <b>VINYASA YOGA</b> Studio A & B Loni Lincoln	08:00-08:55 <b>POWER YOGA</b> Studio A Anastasia Atre	09:15 - 10:10 <b>PILATES</b> Studio A & B Sharon Ayre	11:45 - 12:40 <b>FFL CIRCUITS</b> Studio B Tony Freeth	SSP CLOSED	SSP CLOSED
09:00 - 09:45 <b>AQUA FIT</b> Swimming Pool Caroline Crowe	11:15 - 12:00 <b>FFL CIRCUITS</b> Studio B Tony Freeth	11:00 - 11:55 <b>PILATES</b> Studio A & B Bryan Evans	10:15 - 11:10 <b>VINYASA YOGA</b> Studio A & B Rafaella Di Nicola			
10:00 - 10:45 <b>AQUA FIT</b> Swimming Pool Caroline Crowe	13:45-14:40 <b>PILATES</b> Studio A Bryan Evans			SSP CLOSED AT 3PM	SSP CLOSED	SSP CLOSED
11:00-11:55 <b>VINYASA YOGA</b> Studio A Loni Lincoln						

## INDOOR CYCLING

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
06:20 - 07:15 <b>PARK CLASSIC</b> Indoor Cycling Sarah Moore	09:45 - 10:40 <b>ICG CONNECT</b> Indoor Cycling Tony Freeth	06:20 - 07:15 <b>PARK CLASSIC</b> Indoor Cycling Sarah Moore	09:30 - 10:15 <b>COACH BY COLOUR</b> Indoor Cycling Anthony Lilleyman	09:45 - 10:40 <b>COACH BY COLOUR</b> Indoor Cycling Tony Freeth	SSP CLOSED	SSP CLOSED
12:45 - 13:30 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	18:00 - 18:55 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:45 - 13:30 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:30 - 13:15 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:45 - 13:40 <b>ICG CONNECT</b> Indoor Cycling Tony Freeth		
18:30-19:25 <b>COACH BY COLOUR</b> Indoor Cycling Tony Freeth	19:15 - 20:10 <b>PARK CLASSIC</b> Indoor Cycling Freya Hodgkin	18:15 - 19:10 <b>PARK CLASSIC</b> Indoor Cycling Mike Hodges	18:45 - 19:40 <b>COACH BY COLOUR</b> Indoor Cycling Tony Freeth	SSP CLOSED AT 3PM	SSP CLOSED	SSP CLOSED
19:15-20:10 <b>PARK CLASSIC</b> Indoor Cycling Tony Freeth						

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

## LES MILLS

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
09:30 - 10:25 <b>BODY PUMP</b> Studio A & B Jon Hawkins	12:15 - 13:10 <b>BODY PUMP</b> Studio A & B Lauren England	09:10 - 09:55 <b>BODY PUMP</b> Studio A & B Lauren England	19:15 - 20:00 <b>BODY BALANCE</b> Studio A & B Freya Hodgkin	09:30 - 10:25 <b>BODY PUMP</b> Studio A & B Jon Hawkins	SSP CLOSED	SSP CLOSED
12:15 - 13:00 <b>BODY ATTACK</b> Studio A & B Charlotte Hunter/ Lauren England	20:00 - 20:55 <b>BODY PUMP</b> Studio A & B Freya Hodgkin	12:00 - 12:55 <b>BODY ATTACK</b> Studio A Charlotte Hunter				
18:00 - 18:55 <b>BODY PUMP</b> Studio A & B Kayleigh Peace		18:00 - 18:55 <b>BODY PUMP</b> Studio A & B Phillipa Vince		SSP CLOSED AT 3PM	SSP CLOSED	SSP CLOSED
19:00 - 19:55 <b>BODY ATTACK</b> Studio A & B Kayleigh Peace		19:00 - 19:55 <b>BODY ATTACK</b> Studio A & B Kayleigh Peace				
20:00 - 20:55 <b>BODY BALANCE</b> Studio A & B Freya Hodgkin		20:00 - 20:55 <b>BODY BALANCE</b> Studio A & B Freya Hodgkin				

# GROUP FITNESS TIMETABLE (W/C 27TH DECEMBER 2021)



## GROUP FITNESS

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Gym Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:30 <b>SYNRGY</b> Fitness Suite Fitness Team	<b>SSP CLOSED</b>	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team
10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:45 <b>W.O.W</b> Studio A & B Tony Freeth	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	07:00 - 07:45 <b>W.O.W</b> Studio A & B Tony Freeth		12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team
12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	12:15 - 13:10 <b>LBT</b> Studio A & B Sarah Moore	10:00 - 10:30 <b>SYNRGY</b> Fitness Suite Fitness Team		
17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	13:00 - 13:55 <b>LBT</b> Studio A & B Charlotte Hunter	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team	12:30 - 13:00 <b>SYNRGY</b> Fitness Suite Fitness Team		
<b>BANK HOLIDAY HOURS</b>	17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	17:30 - 18:00 <b>SYNRGY</b> Fitness Suite Fitness Team	<b>SSP CLOSES AT 3PM</b>		
	<b>BANK HOLIDAY HOURS</b>		18:00 - 18:55 <b>ZUMBA</b> Studio B Bjorn Ramirez			

Please arrive 15 minutes before the start of your class.

### MEMBER PRICES

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11:00 - 11:55 <b>VINYASA YOGA</b> Studio A Loni Lincoln	11:15 - 12:00 <b>FFL CIRCUITS</b> Studio B Tony Freeth	11:00 - 11:55 <b>PILATES</b> Studio A Bryan Evans	10:15 - 11:10 <b>VINYASA YOGA</b> Studio A & B Rafaela Di Nicola			
<b>BANK HOLIDAY HOURS</b>	13:45 - 14:40 <b>PILATES</b> Studio A & B Sharon Ayre					

## INDOOR CYCLING

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
<b>BANK HOLIDAY HOURS</b>	09:45 - 10:40 <b>ICG CONNECT</b> Indoor Cycling Tony Freeth	06:20 - 07:15 <b>PARK CLASSIC</b> Indoor Cycling Sarah Moore	09:30 - 10:15 <b>COACH BY COLOUR</b> Indoor Cycling Anthony Lilleyman	09:45-10:40 <b>COACH BY COLOUR</b> Indoor Cycling Tony Freeth	<b>SSP CLOSED</b>	08:45 - 09:40 <b>COACH BY COLOUR</b> Indoor Cycling Mike Hodges
	18:00 - 18:55 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:45 - 13:30 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:30 - 13:15 <b>PARK CLASSIC</b> Indoor Cycling Bryan Evans	12:45 - 13:40 <b>ICG CONNECT</b> Indoor Cycling Tony Freeth		
		18:15 - 19:10 <b>PARK CLASSIC</b> Indoor Cycling Mike Hodges	18:45 - 19:40 <b>COACH BY COLOUR</b> Indoor Cycling Tony Freeth	<b>SSP CLOSES AT 3PM</b>		
		<b>BANK HOLIDAY HOURS</b>				

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

## LES MILLS

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd
09:30 - 10:25 <b>BODY PUMP</b> Studio A & B Jon Hawkins	09:10 - 10:05 <b>BODY PUMP</b> Studio A & B Lauren England	12:00 - 12:55 <b>BODY ATTACK</b> Studio A Charlotte Hunter		09:30 - 10:25 <b>BODY PUMP</b> Studio A & B Jon Hawkins	<b>SSP CLOSED</b>	10:15 - 11:10 <b>BODY ATTACK</b> Studio A & B Pippa Gibson
18:00 - 18:55 <b>BODY PUMP</b> Studio A & B Kayleigh Peace	<b>BANK HOLIDAY HOURS</b>	18:00 - 18:55 <b>BODY PUMP</b> Studio A & B Phillipa Vince				11:15 - 12:00 <b>BODY BALANCE</b> Studio A & B Sonya Turpin
<b>BANK HOLIDAY HOURS</b>		19:00 - 19:55 <b>BODY ATTACK</b> Studio A & B Kayleigh Peace		<b>SSP CLOSES AT 3PM</b>		