

GROUP FITNESS TIMETABLE

GROUP FITNESS

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 07:30 HIT Studio A & B Freya Hodgkin	07:00 - 07:45 W.O.W Studio A & B Tony Freeth	07:00 - 07:30 SYNERGY Fitness Suite Fitness Team	07:00 - 07:30 SYNERGY Fitness Suite Fitness Team	07:00 - 07:30 SYNERGY Fitness Suite Fitness Team	10:00 - 10:30 SYNERGY Fitness Suite Fitness Team	10:00 - 10:30 SYNERGY Fitness Suite Fitness Team
07:00 - 07:30 SYNERGY Fitness Suite Fitness Team	07:00 - 07:30 SYNERGY Fitness Suite Fitness Team	10:00 - 10:30 SYNERGY Fitness Suite Fitness Team	11:20 - 12:15 ZUMBA Studio A & B Alison Edwards	07:00 - 07:45 W.O.W Studio A & B Tony Freeth	11:10 - 12:05 ZUMBA Studio A & B Bjorn Ramirez	13:00 - 13:30 SYNERGY Fitness Suite Fitness Team
10:00 - 10:30 SYNERGY Fitness Suite Fitness Team	10:00 - 10:30 SYNERGY Fitness Suite Fitness Team	11:00 - 11:45 HIT Arena C Lauren England	12:30 - 13:25 LEGS, BUMS & TUMS Studio A & B Sarah Moore	10:00 - 10:30 SYNERGY Fitness Suite Fitness Team	12:30 - 13:00 SYNERGY Fitness Suite Fitness Team	
11:00 - 11:45 STRONG NATION Arena C Caroline Crowe	10:05 - 11:00 ZUMBA Studio A & B Rachel Wilson	12:30 - 13:00 SYNERGY Fitness Suite Fitness Team	12:30 - 13:00 SYNERGY Fitness Suite Fitness Team	10:35 - 11:30 TOTAL BODY CONDITIONING Studio A & B Katharine Gervasio		
12:30 - 13:00 SYNERGY Fitness Suite Fitness Team	12:30 - 13:00 SYNERGY Fitness Suite Fitness Team	13:00 - 13:55 LEGS, BUMS & TUMS Studio A & B Charlotte Hunter	17:30 - 18:00 SYNERGY Fitness Suite Fitness Team	11:45 - 12:40 FFL CIRCUITS Studio B Tony Freeth		
13:20 - 14:15 LEGS, BUMS & TUMS Studio A & B Lauren England	17:30 - 18:00 SYNERGY Fitness Suite Fitness Team	17:30 - 18:00 SYNERGY Fitness Suite Fitness Team	18:00 - 18:55 ZUMBA Studio B Bjorn Ramirez	12:30 - 13:00 SYNERGY Fitness Suite Fitness Team		
17:30 - 18:00 SYNERGY Fitness Suite Fitness Team	18:00 - 18:55 ZUMBA Studio A & B Caroline Crowe	18:55 - 19:50 LEGS, BUMS & TUMS Studio B Freya Hodgkin	18:15 - 19:00 BOXING BLITZ Studio A & B Freya Hodgkin	17:30 - 18:00 SYNERGY Fitness Suite Fitness Team		
	19:05 - 19:50 BOXING BLITZ Studio A & B Freya Hodgkin					

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 POWER YOGA Studio A Anastasia Atre	09:10 - 10:05 PILATES Studio A & B Sharon Ayre	11:00 - 11:45 AQUA FIT Swimming Pool Elaine Demery		18:00 - 18:55 HATHA YOGA Studio A & B Jack Tattersall
09:00 - 09:45 AQUA FIT Swimming Pool Caroline Crowe	11:15 - 12:10 FLL CIRCUITS Studio B Tony Freeth	10:50 - 11:45 PILATES Studio B Bryan Evans	10:15 - 11:10 VINYASA KRAMA YOGA Studio A & B Rafaela Di Nicola	11:45 - 12:40 PURE STRETCH Studio A Katharine Gervasio		
10:00 - 10:45 AQUA FIT Swimming Pool Caroline Crowe	13:45 - 14:40 PILATES Studio A & B Sharon Ayre	11:30 - 12:15 AQUA FIT Swimming Pool Beata Stawka	12:40 - 13:25 AQUA ZUMBA Swimming Pool Caroline Crowe	17:00 - 17:55 PILATES Studio B Sonya Turpin		
11:00 - 11:55 VINYASA YOGA Studio B Loni Lincoln		12:30 - 13:15 AQUA ZUMBA Swimming Pool Alison Edwards	16:00 - 16:55 VINYASA YOGA Studio A & B Amy Thomas	19:15 - 20:00 VINYASA YOGA Studio B Phillipa Vince/ Sonya Turpin		
15:00 - 15:55 PRE-MAMMA MOVES Studio A & B Lauren England						

INDOOR CYCLING

- Strengthen & 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	09:30 - 10:15 ICG CONNECT Indoor Cycling Tony Freeth	06:20 - 07:15 PARK CLASSIC Indoor Cycling Sarah Moore	09:30 - 10:15 COACH BY COLOUR Indoor Cycling Anthony Lilleyman	06:20 - 07:15 PARK CLASSIC Indoor Cycling Sarah Moore	08:45 - 09:40 COACH BY COLOUR Indoor Cycling Mike Hodges	08:45 - 09:30 COACH BY COLOUR Indoor Cycling Mike Hodges
12:30 - 13:15 COACH BY COLOUR Indoor Cycling Bryan Evans	18:00 - 18:55 PARK CLASSIC Indoor Cycling Bryan Evans	12:30 - 13:15 PARK CLASSIC Indoor Cycling Bryan Evans	12:30 - 13:15 PARK CLASSIC Indoor Cycling Bryan Evans	09:30 - 10:15 COACH BY COLOUR Indoor Cycling Tony Freeth	10:00 - 10:45 PARK CLASSIC Indoor Cycling Mike Hodges	
18:30 - 19:25 COACH BY COLOUR Indoor Cycling Tony Freeth	19:15 - 20:10 PARK CLASSIC Indoor Cycling Mike Hodges	18:15 - 19:10 PARK CLASSIC Indoor Cycling Mike Hodges	18:45 - 19:40 COACH BY COLOUR Indoor Cycling Tony Freeth	12:50 - 13:35 ICG CONNECT Indoor Cycling Tony Freeth		
19:45 - 20:40 PARK CLASSIC Indoor Cycling Tony Freeth				19:15 - 20:00 PARK CLASSIC Indoor Cycling Sarah Moore		

LES MILLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:10 BODY PUMP Studio A & B Jon Hawkins	12:10 - 13:05 BODY PUMP Studio A & B Lauren England	09:05 - 10:00 BODY PUMP Studio A & B Lauren England	08:00 - 08:55 BODY BALANCE Studio A & B Amy Allan	09:30 - 10:25 BODY PUMP Studio A & B Jon Hawkins	10:00 - 10:55 BODY PUMP Studio A & B Philippa Vince/ Kayleigh Peace	10:15 - 11:10 BODY ATTACK Studio A & B Pippa Gibson
12:15 - 13:10 BODY ATTACK Studio A & B Lauren England	20:00 - 20:55 BODY PUMP Studio A & B Freya Hodgkin	11:55 - 12:50 BODY ATTACK Studio B Charlotte Hunter	19:15 - 20:00 BODY BALANCE Studio A & B Freya Hodgkin	18:05 - 19:00 BODY PUMP Studio A Philippa Vince/ Kayleigh Peace	12:15 - 13:10 BODY ATTACK Studio A & B Pippa Gibson	11:15 - 12:00 BODY BALANCE Studio A & B Sonya Turpin
17:50 - 18:45 BODY PUMP Studio A & B Kayleigh Peace		18:00 - 18:55 BODY PUMP Studio A Phillipa Vince				
18:55 - 19:50 BODY ATTACK Studio A & B Kayleigh Peace		19:05 - 20:00 BODY ATTACK Studio A Kayleigh Peace				
20:00 - 20:55 BODY BALANCE Studio A & B Freya Hodgkin		20:00 - 20:45 BODY BALANCE Studio B Freya Hodgkin				