

# Group Fitness Timetable Spring 2012

DAY	6.30-7.15	9.45-10.40	10.00-10.45	10.50-11.45	11.45-12.45	12.15-13.00	12.30-13.25	12.30-13.15	18.00-18.55	18.00-18.55	18.30-19.15	19.05-20.00	19.30-20.30	20.05-21.00		
<b>MONDAY</b>	6.30-7.15 <b>Spinning®</b> Spinning Studio Petra H £5.30	9.45-10.40 <b>Body Pump®</b> Studio A Jon £5.50 ▲	10.00-10.45 <b>Aqua Fit</b> Swimming Pool Katherine £5.30 ▲	10.50-11.45 <b>Body Balance®</b> Studio A Natalie £5.50 ▲	11.45-12.45 <b>Yoga Open</b> Well-being Studio Carolyn £7.50 ▲	12.15-13.00 <b>Bokwa®</b> Studio B Rachael J £5.30 ▲	12.30-13.25 <b>Legs Bums and Tums</b> Studio A Charlotte £5.50 ▲	12.30-13.15 <b>Spinning®</b> Spinning Studio Bryan £5.30 ▲	18.00-18.55 <b>Body Pump®</b> Studio A Lindsey £5.50	18.00-18.55 <b>Body Combat®</b> Studio B Steve £5.50	18.30-19.15 <b>Spinning®</b> Spinning Studio Sam £5.30	19.05-20.00 <b>Body Attack®</b> Studio A & B Natalie £5.50	19.30-20.30 <b>Spinning®</b> Spinning Studio Hedi £5.50	20.05-21.00 <b>Body Balance®</b> Studio A & B Natalie £5.50		
<b>TUESDAY</b>	7.00-7.55 <b>Circuits</b> Studio A & B Sarah £5.50	9.45-10.40 <b>Zumba®</b> Studio A & B Rachel W £5.50 ▲	9.45-10.30 <b>Spinning®</b> Spinning Studio Paige £5.30 ▲	10.50-11.45 <b>Legs Bums and Tums</b> Studio A & B Natalie £5.50 ▲	12.30-13.15 <b>Spinning®</b> Spinning Studio Caroline F £5.30 ▲	12.30-13.25 <b>Fit Ball Fitness</b> Studio B Sian W £5.50 ▲	12.30-13.30 <b>Pilates Open</b> Studio A Brenda £7.50 ▲	17.15-18.00 <b>Spinning®</b> Spinning Studio Tricia £5.30	18.00-18.55 <b>Circuits</b> Arena A Gareth £5.50	18.00-18.55 <b>Zumba®</b> Studio A & B Caroline P £5.50	18.15-19.00 <b>Spinning®</b> Spinning Studio Aram £5.30	19.00-19.55 <b>Body Combat®</b> Studio A & B Steve £5.50	19.15-20.15 <b>Spinning®</b> Spinning Studio Aram £5.50	20.05-21.00 <b>Body Pump®</b> Studio A & B Steve £5.50	20.20-21.20 <b>Spinning®</b> Spinning Studio Sarah £5.50	
<b>WEDNESDAY</b>	6.30-7.15 <b>Spinning®</b> Spinning Studio Hedi £5.30	9.30-10.25 <b>Power Water Workout</b> Swimming Pool Hedi £5.50 ▲	9.45-10.40 <b>Body Pump®</b> Studio A Jaimie £5.50	11.00-12.00 <b>Pilates Open</b> Studio A Bryan £7.50 ▲	11.30-12.25 & 12.30-13.25 <b>Pushy Mothers Buggy Workout</b> External Pushy Mothers	12.30-13.15 <b>Spinning®</b> Spinning Studio Bryan £5.30 ▲	12.30-13.25 <b>Aerobic Attack</b> Studio A Charlotte £5.50 ▲	16.30-17.25 <b>Zumba®</b> Studio A Lia £5.50	17.45-18.40 <b>Boxercise</b> Studio A Lucy £5.50	18.15-19.15 <b>Spinning®</b> Spinning Studio Michelle £5.50	19.00-20.00 <b>Boot Camp</b> SSP Fitness £6.00	19.05-20.00 <b>Body Pump®</b> Studio A Phillipa £5.50	19.05-20.00 <b>Legs Bums and Tums</b> Studio B Jade £5.50	19.30-20.30 <b>Spinning®</b> Spinning Studio Michelle £5.50	20.05-21.00 <b>Bokwa®</b> Studio B Rosie £5.50	20.15-21.00 <b>WaterWorks®</b> Swimming Pool Mel £5.30
<b>THURSDAY</b>	9.45-10.40 <b>Fit Ball Fitness</b> Studio B Sian W £5.50 ▲	9.45-10.40 <b>Body Attack®</b> Studio A Sonya £5.50 ▲	10.30-11.25 <b>Aqua Zumba®</b> Swimming Pool Caroline £5.50 ▲	10.45 - 11.40 <b>Bounce and Tone</b> Studio B Sian W £5.50 ▲	10.50-11.45 <b>Body Balance®</b> Studio A Sonya £5.50 ▲	12.15-13.10 <b>JustJhoom! Fitness</b> Studio B Wendy £5.50 ▲	12.30-13.15 <b>Kettlebells</b> Studio A Adam £7.00 ▲	12.45-13.30 <b>Spinning®</b> Spinning Studio Lizzi £5.30 ▲	18.00-18.45 <b>Kettlebells</b> Studio A Lucy £7.00	18.00-18.45 <b>Spinning</b> Spinning Studio Sian W £5.30	18.00-18.55 <b>Zumba®</b> Studio B Louisa £5.50	18.05-18.50 <b>Power Water Workout</b> Swimming Pool Hedi £5.30	19.00-19.55 <b>Body Balance®</b> Studio A Natalie £5.50	19.30-21.00 <b>Endurance Spinning</b> Spinning Studio Alastair £7.50		
<b>FRIDAY</b>	7.00-7.55 <b>Circuits</b> Studio A & B Lucy £5.50	9.30-10.15 <b>Spinning®</b> Spinning Studio Caroline F £5.30 ▲	9.45-10.40 <b>Back to Basic Aerobics</b> Studio B Katherine £5.50 ▲	9.45-10.40 <b>Body Pump®</b> Studio A Jon £5.50 ▲	10.15-11.15 <b>Yoga Open</b> Well-being Studio Ruth £7.50 ▲	11.00-11.55 <b>Splash Water Workout</b> Swimming Pool Petra H £5.50 ▲	12.15-13.10 <b>Zumba®</b> Studio A & B Emma £5.50 ▲	12.30-13.15 <b>Spinning®</b> Spinning Studio Sian W £5.30 ▲	12.30-13.30 <b>Pilates Open</b> Well-being studio Brenda £7.50 ▲	13.20-14.15 <b>Body Balance®</b> Studio A & B Wendy £5.50 ▲	18.00-18.55 <b>Legs Bums and Tums</b> Studio B Sarah £5.50	18.00-18.55 <b>Body Pump®</b> Studio A Phillipa £5.50	18.30-19.25 <b>Spinning®</b> Spinning Studio Alastair £5.50	19.05-20.00 <b>Body Balance®</b> Studio A Wendy £5.50		
<b>SATURDAY</b>	9.00-9.55 <b>Spinning®</b> Spinning Studio Penelope £5.50 ▲	9.30-10.30 <b>Boot Camp</b> SSP Fitness £6.00 ▲	10.00-10.55 <b>Body Pump®</b> Studio A & B Mel £5.50 ▲	10.05-11.00 <b>Spinning®</b> Spinning Studio Petra H £5.50 ▲	11.05-12.00 <b>Zumba®</b> Studio A & B Erin £5.50 ▲	12.05-13.00 <b>Legs Bums and Tums</b> Studio A Mel £5.50 ▲										
<b>SUNDAY</b>	8.30-9.25 <b>Spinning®</b> Spinning Studio David £5.50 ▲	9.30-10.25 <b>Spinning®</b> Spinning Studio David £5.50 ▲	9.45-10.40 <b>Body Combat®</b> Studio A & B Cassandra £5.50 ▲	9.45-10.45 <b>Yoga Open</b> Wellbeing/ Team Room Jody £7.50/£11.50jr ▲	11.00-11.55 <b>Body Balance®</b> Studio A & B Wendy £5.50 ▲	18.00-18.55 <b>Spinning®</b> Spinning Studio Bryan £5.50 ▲	18.00-18.55 <b>Freestyle Step</b> Studio A Mel £5.50 ▲									

Timetable runs from Monday 9 January - Sunday 1 April 2012.  
 Check guest notice board and online for changes and updates  
[surreysportspark.co.uk](http://surreysportspark.co.uk)  
 Guests must be aged 16+ to attend.  
 Group fitness classes available to members and non-members.  
 For individual class descriptions check online at [surreysportspark.co.uk](http://surreysportspark.co.uk)  
 Advance online booking also available for all group fitness classes.

- Group Fitness - Free to Full members and Fitness members
  - Aqua - Free to Full members and Swimming members
  - Course Only - See course brochure or website for more details
  - Well-being - Free to Full members and Fitness members
  - ▲ Free to Full off-peak members
- Times are correct at time of printing. Session times are subject to change.  
 For further details please visit [surreysportspark.co.uk](http://surreysportspark.co.uk)