

GROUP FITNESS TIMETABLE

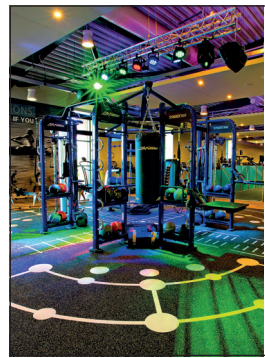
SPRING: MONDAY 9 JANUARY - SUNDAY 2 APRIL 2017

	06.30 - 22.00																						
MONDAY	6.30-7.15 Spinning® Studio Sarah £5.60	9.00-9.45 Aqua Fit Swimming Pool Caroline P £5.60 ▲	09.45-10.40 Body Pump® Studio A & B Jon £5.80 ▲	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	10.00-10.45 Aqua Fit Swimming Pool Caroline P £5.60 ▲	10.55-11.40 Slow Flow Yoga Wellbeing Studio Emily £7.60 ▲	10.55-11.50 Body Balance® Studio A Yvette £5.80 ▲	11.45-12.45 Yoga Flow Wellbeing Studio Emily £7.60 ▲	12.30-13.15 Spinning® Studio A Bryan £5.60 ▲	12.30-13.25 Legs Bums & Tums Studio B Charlotte £5.80 ▲	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	17.30-18.00 Synergy Fast Class Fitness Suite Members only ▲	18.00-18.55 Body Pump® Studio A Tony £5.80 ▲	18.00-18.55 Body Combat® Studio B Lynne £5.80	18.15-19.00 Swimfit Activate+ Free/£5.80	18.30-19.15 Spinning® Studio Michelle C £5.60	19.05-20.00 Body Attack® Studio A & B Freya £5.80	19.30-20.30 Spinning® Studio Michelle C £5.80	20.05-21.00 Body Balance® Studio A & B Rebecca G £5.80	21.00-22.00 Swimfit Activate+ Free/£5.80		
TUESDAY	6.30-7.15 Circuits Studio A & B Sarah £5.60	9.00-10.00 Yoga Flow Studio B Ruth £7.60 ▲	9.45-10.30 Spinning® Studio Tom £5.60 ▲	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	10.00-10.45 Zumba® Studio A Rachel W £5.80 ▲	11.00-11.55 Body Attack® Studio A Freya £5.80 ▲	12.30-13.15 Spinning® Studio Michela £5.60 ▲	12.30-13.30 Pilates Open Studio A Brenda £7.60 ▲	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	17.15-18.00 Spinning® Studio Bryan £5.60	17.30-18.00 Synergy Fast Class Fitness Suite Members only ▲	18.00-18.55 Circuits Arena A £5.80	18.00-18.55 Zumba® Studio A & B Caroline P £5.80	18.15-19.00 Spinning® Studio Aram £5.60	19.00-19.55 Body Combat® Studio A & B Tony £5.80	19.45-20.45 Spinning® Studio Tom £5.80	20.05-21.05 Body Pump® Studio A & B Cass £5.80						
WEDNESDAY	6.30-7.15 Spinning® Studio Sarah £5.60	9.45-10.40 Body Pump® Studio A Tony £5.80 ▲	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	11.00-12.00 Pilates Open Studio A Bryan £7.60 ▲	11.30-12.25 Aqua Fit Swimming Pool Becky £5.80 ▲	11.30-12.25 Body Balance® Studio B £5.80 ▲	12.30-13.15 Spinning® Studio Bryan £5.60 ▲	12.30-13.25 Body Attack® Studio A Charlotte £5.80 ▲	12.45-13.30 Swimfit Activate+ Free/£5.80 ▲	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	13.30-14.15 Spinning Lite Studio Bryan £5.60 ▲	16.30-17.25 Zumba® Studio A Lia £5.80	17.30-18.00 Synergy Fast Class Fitness Suite Members only ▲	18.00-18.55 Body Attack® Studio B Freya £5.80	18.00-18.55 Body Pump® Studio A Philippa £5.80	18.15-19.15 Spinning® Studio Michelle C £5.80	19.00-20.00 Body Balance® Studio B Lynne £5.80	19.05-20.00 Legs Bums & Tums Studio A Jade £5.80	19.15-20.15 Yoga Flow Wellbeing Studio Philippa £7.60	19.30-20.30 Spinning® Studio Michelle C £5.80	20.15-21.00 Aqua Fit Swimming Pool Lisa £5.60		
THURSDAY	6.30-7.15 Spinning® Studio Elise £5.60	9.45-10.40 Fitball Studio B Leanne £5.80 ▲	9.45-10.40 Body Attack® Studio A Charlotte £5.80	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	11.00-11.55 Body Balance® Studio A Jenny £5.80 ▲	12.30-13.30 Yoga Flow Wellbeing Studio Katie £7.60 ▲	12.30-13.15 Kettlebells Studio B Peggy £7.10 ▲	12.30-13.15 Body Pump® Studio A Pia £5.60 ▲	12.45-13.30 Spinning® Studio Nick £5.60 ▲	12.45-13.30 Aqua Zumba® Swimming Pool Caroline P £5.60	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	17.00-17.45 Spinning Lite Studio Bryan £5.60	17.30-18.00 Synergy Fast Class Fitness Suite Members only ▲	18.00-18.55 Zumba® Studio B Lia £5.80	18.00-18.45 Spinning® Studio Tom £5.60	18.00-18.55 Body Combat® Studio A Tony £5.80	19.00-19.55 Body Balance® Studio A Wendy £5.80	19.00-20.30 Endurance Spin Studio Julian £7.60					
FRIDAY	7.00-7.55 Circuits Studio A & B John £5.80	9.30-10.15 Spinning® Studio Tony £5.60 ▲	9.45-10.45 Body Pump® Studio A Jon £5.80 ▲	9.45-10.40 Basic Aerobics Studio B Katherine £5.80	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	10.05-11.00 Aqua Fit Swimming Pool Lia £5.80 ▲	10.15-11.15 Yoga Flow Wellbeing Studio Ruth £7.60 ▲	10.55-11.50 Body Balance® Studio A Wendy £5.80 ▲	12.00-12.55 Body Attack® Studio A Sonya £5.80 ▲	12.30-13.15 Spinning® Studio Michela £5.60 ▲	13.00-13.30 Synergy Fast Class Fitness Suite Members only ▲	13.05-14.05 Pilates Open Studio A Brenda £7.60 ▲	17.30-18.00 Synergy Fast Class Fitness Suite Members only ▲	18.00-18.55 Body Pump® Studio A Philippa £5.80	18.30-19.25 Legs Bums & Tums Studio B Sarah £5.80	18.30-19.25 Spinning® Studio Julian £5.80	19.30-20.25 Yoga Flow Studio B Emily £7.60						
SATURDAY	9.00-9.55 Spinning® Studio Tom £5.80 ▲	9.30-10.30 Boot Camp Outside (Meet at Front of House) £6.10 ▲	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	10.00-10.55 Body Pump® Studio A & B Philippa £5.80	10.05-11.00 Spinning® Studio Tom £5.80 ▲	11.05-12.00 Zumba® Studio A & B Clare £5.80 ▲	12.05-13.00 Legs, Bums & Tums Studio A Jenny £5.80 ▲	15.00-15.30 Synergy Fast Class Fitness Suite Members only ▲															
SUNDAY	8.30-09.25 Spinning® Studio Elise £5.80 ▲	9.30-10.25 Spinning® Studio Elise £5.80 ▲	9.30-10.30 Yoga Flow Wellbeing Studio Jody £7.60 ▲	9.45-10.40 Body Combat® Studio A & B Cass £5.80	10.00-10.30 Synergy Fast Class Fitness Suite Members only ▲	11.00-11.55 Body Balance® Studio A & B Wendy £5.80 ▲	15.00-15.30 Synergy Fast Class Fitness Suite Members only ▲	18.00-19.00 Yoga Flow Wellbeing Studio Katie £7.60 ▲	19.15-20.15 Yoga Flow Wellbeing Studio Katie £7.60 ▲														

GROUP FITNESS RATINGS SYSTEM

1 LOW INTENSITY 2 MODERATE INTENSITY 3 HIGH INTENSITY

All Spinning and SwimFit Activate classes are suitable for beginner to advance level as the exercise can be altered to suit your needs. The above ratings should be used as a guide to what is appropriate for your individual fitness level. Every class is your own workout, and you should modify it to meet your needs.



SYNRGY360 FAST CLASSES

TRAIN SMARTER, BETTER AND MORE EFFECTIVELY WITH SYNRGY360. Synrgy360 can be used by any member; either on your own, with friends, or as part of one of our fast classes.

FAST CLASS TIMES:
Monday-Friday: 10am / 1pm / 5.30pm and Saturday-Sunday: 10am / 3pm
Book at surreysportspark.co.uk/book and meet at the Synrgy360 rig for the class, which is **FREE TO ALL MEMBERS** with Health & Fitness Centre access.

- Group Fitness - Free to Full members and Fitness members
- Aqua - Free to Full members and Swimming members
- Wellbeing - Free to Full members and Fitness members
- ▲ Free to Full off-peak members

Off-peak hours 08.00-16.00
Monday-Friday and all weekend

PROGRAMME CHANGES

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.