

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:00)						
06:30 - 07:15 Indoor Cycling Studio PARK CLASSIC Sarah Moore	07:00 - 07:30 Fitness Suite SYNRGY	06:15-07:00 Indoor Cycling Studio COACH BY COLOUR Sarah Moore	07:00 - 07:30 Fitness Suite SYNRGY	07:00 - 07:30 Fitness Suite SYNRGY	08:15 - 09:15 Indoor Cycling Studio PARK CLASSIC Sarah Munro	08:15 - 09:15 Indoor Cycling Studio ICG CONNECT Mark Coomber
07:00 - 07:30 Fitness Suite SYNRGY	07:00 - 07:45 Studio A+B W.O.W. Tony Freeth	07:00 - 07:30 Fitness Suite SYNRGY	09:30 - 10:15 Indoor Cycling Studio ICG CONNECT Maddy Bard	07:00 - 07:55 Studio A+B CIRCUITS John Roach	09:30 - 10:25 Indoor Cycling Studio MY RIDE Sarah Munro	09:30 - 10:30 Indoor Cycling Studio COACH BY COLOUR Mark Coomber
09:30 - 10:15 Indoor Cycling Studio PARK CLASSIC Emily Etheridge	09:30 - 10:15 Indoor Cycling Studio ICG CONNECT Tony Freeth	09:30 - 10:25 Studio A+B BODY PUMP Tony Coker	10:00 - 10:30 Fitness Suite SYNRGY	09:30 - 10:15 Indoor Cycling Studio COACH BY COLOUR Tony Freeth	10:00 - 10:30 Fitness Suite SYNRGY	09:45 - 10:40 Studio A+B BODY ATTACK Amy Moran
09:30 - 10:25 Studio A+B BODY PUMP Jon Hawkins	10:00 - 10:30 Fitness Suite SYNRGY	10:00 - 10:30 Fitness Suite SYNRGY	10:30-11:15 Indoor Cycling Studio MYRIDE Maddy Bard	09:30 - 10:25 Studio A BODY PUMP Jon Hawkins	10:00 - 10:55 Studio A+B Philippa Vince/Kayleigh Peace BODY PUMP	10:00 - 10:30 Fitness Suite SYNRGY
10:00 - 10:30 Fitness Suite SYNRGY	10:00 - 10:55 Studio A ZUMBA Rachel Wilson		11:00 - 11:55 Studio A FIT STEPS Paula Stitch	09:30 - 10:25 Studio B TOTAL BODY CONDITIONING Katherine Gervasio	11:05 - 12:05 Studio A+B ZUMBA Clare Charrett	
11:55 - 12:50 Studio B FIT STEPS Paula Stitch				10:00 - 10:30 Fitness Suite SYNRGY		
12:00 - 12:55 Studio A BODY ATTACK Charlotte Hunter						
LUNCHTIME SESSIONS (12:00 - 14:30)						
12:30 - 13:15 Indoor Cycling Studio COACH BY COLOUR Bryan Evans	12:15 - 13:00 Studio A BARS & BELLS Emily Etheridge	12:00-12:45 Studio A BODY ATTACK Charlotte Hunter	12:15 - 13:15 Studio B LEGS, BUMS & TUMS Louisa Chilvers	12:00 - 12:55 Studio B ZUMBA Rachel Wilson	12:15 - 13:10 Studio A BODY ATTACK Kayleigh Peace	
13:00 - 13:30 Studio B LES MILLS BARRE Paula Stitch	12:15 - 12:45 Studio B LES MILLS BARRE Jenny Hogg	12:30 - 13:15 Indoor Cycling Studio PARK CLASSIC Bryan Evans	12:15 - 13:15 Studio A BODY PUMP Pia Eaves	12:00 - 12:55 Studio A BODY ATTACK Freya Hodgkin	15:00 - 15:30 Fitness Suite SYNRGY	
13:00 - 13:55 Studio A LEGS, BUMS & TUMS Charlotte Hunter	13:00 - 13:30 Fitness Suite SYNRGY	12:45 - 13:30 Studio A LEGS, BUMS & TUMS Charlotte Hunter	13:00 - 13:30 Fitness Suite SYNRGY	12:30 - 13:15 Indoor Cycling Studio ICG CONNECT Tony Freeth		
		13:30 - 14:00 Studio A LES MILLS BARRE Charlotte Hunter		13:00 - 13:30 Fitness Suite SYNRGY		
		13:00 - 13:30 Fitness Suite SYNRGY				
EVENING SESSIONS (17:00 - 21:00)						
17:30 - 18:00 Fitness Suite SYNRGY	17:15 - 18:00 Indoor Cycling Studio PARK CLASSIC Bryan Evans	17:30 - 18:00 Fitness Suite SYNRGY	17:30 - 18:00 Fitness Suite SYNRGY	17:30 - 18:00 Fitness Suite SYNRGY	17:30 - 18:00 Fitness Suite SYNRGY	<p>KEY: ■ SWEAT ■ SHAPE ■ SPIN ■ SHAKE</p> <p>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 7 days in advance.</p> <p>Members must check-in at the kiosks or Front of House 5 minutes before the class start time. Members must also sign in on the class register with the instructor</p> <p>NON-MEMBER PRICES 30 Minute sessions - £4.50 45 Minute sessions - £6.20 55 Minute sessions - £6.50</p> <p>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.</p>
18:00 - 18:55 Studio A+B BODY PUMP Tony Coker	17:30 - 18:00 Fitness Suite SYNRGY	18:00 - 18:55 Studio B BOX FIT Freya Hodgkin	18:00 - 18:55 Studio B STRIKE FORCE! Tony Coker	18:00 - 18:55 Studio B W.O.W. Tony Freeth		
18:15 - 19:15 Indoor Cycling Studio COACH BY COLOUR Michelle Colvin	17:45 - 18:40 Studio A+B ZUMBA Caroline Crowe	18:00 - 18:55 Studio A BODY PUMP Philippa Vince	18:05 - 19:00 Studio A ZUMBA Paula Stitch	18:00 - 18:55 Studio A Philippa Vince/Kayleigh Peace BODY PUMP		
19:00 - 19:55 Studio A+B BODY ATTACK Kayleigh Peace	18:00 - 18:55 Arena A CIRCUITS Rory Lewis	18:15 - 19:15 Indoor Cycling Studio PARK CLASSIC Michelle Colvin	18:00 - 18:45 Indoor Cycling Studio COACH BY COLOUR Tony Freeth	18:30 - 19:15 Indoor Cycling Studio PARK CLASSIC Sarah Moore		
19:30 - 20:30 Indoor Cycling Studio PARK CLASSIC Michelle Colvin	18:15 - 19:00 Indoor Cycling Studio COACH BY COLOUR Bryan Evans	19:00 - 19:45 Studio B LEGS, BUMS & TUMS Freya Hodgkin	19:00 - 20:00 Indoor Cycling Studio ICG CONNECT Tony Freeth			
	19:00 - 19:55 Studio A+B STRIKE FORCE! Tony Coker	19:05 - 20:00 Studio A BODY ATTACK Kayleigh Peace	19:15 - 19:45 Studio B LES MILLS BARRE Paula Stitch			
	19:15 - 20:00 Indoor Cycling Studio PARK CLASSIC Mike Hodges	19:30 - 20:30 Indoor Cycling Studio COACH BY COLOUR Michelle Colvin				
	20:05 - 21:00 Studio A+B BODY PUMP Cass Rix					