

TERM 2 FITNESS CLASS TIMETABLE

STREATHAM SPORTS PARK

(8th January - 29th March)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES 7:00-7:45 Josie Lemmy	YOGA 7:00-7:45 Alice Lemmy	BODY ATTACK 7:00-7:45 Mark Studio 1	YOGA 7:00-7:45 Emily Lemmy	RIDE 7:00-7:45 Tracey Studio 1	BODY PUMP 9:00-9:45 Sol Studio 1	CIRCUITS 9:00-10:00 Tracey Covered Courts
RIDE 7:00-7:45 Tracey Studio 1	LBT 7:30-8:15 Anna J Studio 1	WODROX 12:30-13:15 Chris Gym Floor	KETTLEBELLS 7:00-7:45 Tracey Studio 1	WODROX 12:30-13:30 Tracey Gym Floor		BOXING CIRCUITS 16:15-17:00 Chris Studio 1
BODY PUMP 12:15-13:00 Aileen Studio 1	FREE WIGHTS FITNESS 12:30-13:30 Abbie PTF	LES MILLS CORE 13:30-14:30 Emily Studio 1	RIDE 12:30-13:15 Tracey Studio 1	BODY PUMP 17:15-18:00 Sol Studio 1		TOTAL BODY CONDITIONING 17:30-18:15 Katie Studio 1
RIDE 17:15-18:00 Tracey Studio 1	PILATES 13:30-14:30 Josie Studio 1	ZUMBA 17:15-18:00 Rosalie Studio 1	PILATES 13:30-14:15 Josie Studio 1	PILATES 18:15-19:00 Sol Studio 1		RIDE 18:30-19:15 Katie Studio 1
BODY COMBAT 18:15-19:15 Mark Studio 1	BODY PUMP 17:00-18:00 Sarah Studio 1	BODY PUMP 18:15-19:00 Sarah Studio 1	FREE WIGHTS FITNESS 17:00-18:00 Abbie PTF			
LES MILLS CORE 19:15-20:00 Emily Studio 1	RIDE 18:15-19:00 Jim Studio 1	BODY BALANCE 19:15-20:00 Sarah Studio 1	BODY PUMP 18:00-18:45 Aileen Studio 1			
	YOGA 19:15-20:15 Hannah Studio 1		BODY COMBAT 19:15-20:15 Mark Studio 1			



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EXCELLENCE
IN SPORT