

SUMMER FITNESS CLASS TIMETABLE

STREATHAM SPORTS PARK

16th June - 21st September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 07:00-07:45 Tracey Studio 1	FREE WEIGHTS FITNESS 12:30-13:30 Harry PTF	WODROX 12:30-13:15 Chris Gym Floor	KETTLEBELLS 07:00-07:45 Tracey Studio 1	RIDE 07:00-07:45 Tracey Studio 1	BODY ATTACK 09:00-09:45 Mark Studio 1	HYBRID CIRCUITS 09:00-10:00 Tracey Covered Courts
BODY PUMP 12:15-13:00 Aileen Studio 1	PILATES 13:30-14:30 Josie Studio 1	ZUMBA 17:15-18:00 Rosalie Studio 1	FLOATFIT 12:00-12:45 Chris Outdoor Pool	WODROX 12:30-13:30 Tracey Gym Floor		RUN CLUB 10:00-11:00 Tracey Covered Courts
RIDE 17:15-18:00 Tracey Studio 1	BODY PUMP 17:00-17:45 Sarah Studio 1	BODY PUMP 18:15-19:00 Sarah Studio 1	PILATES 13:30-14:15 Josie Studio 1	YOGA 13:30-14:15 Alice Studio 1		RIDE * 17:00-17:45 Chris Studio 1
BODY COMBAT 18:15-19:15 Mark Studio 1	FLOATFIT 18:00-18:45 Chris Outdoor Pool	BODY BALANCE 19:15-20:00 Sarah Studio 1	FREE WEIGHTS FITNESS 17:00-18:00 Harry PTF	PILATES 17:30-18:15 Emily Studio 1		
LES MILLS CORE 19:15-20:00 Emily Studio 1	RIDE 18:15-19:00 Jim Studio 1		BODY PUMP 18:00-18:45 Aileen Studio 1			
	YOGA 19:15-20:15 Hannah Studio 1		BODY COMBAT 19:00-20:00 Mark Studio 1			

*Sunday Ride will not run from Sunday
29th June - Sunday 3rd August

