

TERM 1 FITNESS CLASS TIMETABLE STREATHAM SPORTS PARK

22nd September - 14th December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 07:00-08:00 Tracey Studio 1	YOGA 07:00-07:45 Jade Lemon Grove Centre	LBT 08:00-08:45 Jess Studio 1	YOGA 07:00-07:45 Jade Lemon Grove Centre	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	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	WODROX 12:30-13:30 Tracey Gym Floor	RIDE 10:00-10:45 Jade Studio 1	RIDE 17:00-17:45 Chris Studio 1
RIDE 17:15-18:00 Tracey Studio 1	PILATES 13:30-14:30 Emily Studio 1	ZUMBA 17:15-18:00 Rosalie Studio 1	BARRE FITNESS 12:30-13:15 Tara Studio 1	YOGA 13:30-14:15 Alice Studio 1		
BODY COMBAT 18:15-19:15 Mark Studio 1	BODY PUMP 17:00-17:45 Sarah Studio 1	BODY PUMP 18:15-19:00 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 BALANCE 19:15-20:00 Sarah Studio 1	BODY PUMP 18:00-18:45 Aileen Studio 1	STEP X ZUMBA 18:30-19:15 Rosalie Studio 1		
	YOGA 19:15-20:15 Hannah Studio 1		BODY COMBAT 19:00-20:00 Mark Studio 1			

