

# TERM 3 FITNESS CLASS TIMETABLE STREATHAM SPORTS PARK

29th April - 14th June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PILATES</b> 07:00-07:45 Josie   Lemmy	<b>YOGA</b> 07:00-07:45 Alice   Lemmy	<b>BODY ATTACK</b> 07:00-08:00 Mark   Studio 1	<b>YOGA</b> 07:00-07:45 Emily   Lemmy	<b>RIDE</b> 07:00-07:45 Tracey   Studio 1	<b>BODY PUMP</b> 09:00-09:45 Sol   Studio 1	<b>CIRCUITS</b> 09:00-10:00 Tracey   Covered Courts
<b>RIDE</b> 07:00-07:45 Tracey   Studio 1	<b>FREE WEIGHTS FITNESS</b> 12:30-13:30 Abbie   ADC	<b>WODROX</b> 12:30-13:15 Chris   Gym Floor	<b>KETTLEBELLS</b> 07:00-07:45 Tracey   Studio 1	<b>WODROX</b> 12:30-13:30 Tracey   Gym Floor		<b>BOXING CIRCUITS</b> 16:15-17:00 Chris   Studio 1
<b>BODY PUMP</b> 12:15-13:00 Aileen   Studio 1	<b>PILATES</b> 13:30-14:30 Josie   Studio 1	<b>ZUMBA</b> 17:15-18:00 Rosalie   Studio 1	<b>FLOAT FIT</b> 11:00-11:45 Chris   Cornwall House Pool	<b>FREE WEIGHTS FITNESS</b> 17:00-18:00 Abbie   ADC		
<b>RIDE</b> 17:15-18:00 Tracey   Studio 1	<b>BODY PUMP</b> 17:00-18:00 Sarah   Studio 1	<b>BODY PUMP</b> 18:15-19:00 Sarah   Studio 1	<b>RIDE</b> 12:30-13:15 Tracey   Studio 1	<b>BODY PUMP</b> 17:15-18:00 Sol   Studio 1		
<b>BODY COMBAT</b> 18:15-19:15 Mark   Studio 1	<b>RIDE</b> 18:15-19:00 Jim   Studio 1	<b>BODY BALANCE</b> 19:15-20:00 Sarah   Studio 1	<b>PILATES</b> 13:30-14:15 Josie   Studio 1	<b>PILATES</b> 18:15-19:00 Sol   Studio 1		
<b>LES MILLS CORE</b> 19:15-20:00 Emily   Studio 1	<b>FLOAT FIT</b> 19:00-19:45 Chris   Cornwall House Pool		<b>BODY PUMP</b> 18:00-18:45 Aileen   Studio 1			
	<b>YOGA</b> 19:15-20:15 Hannah   Studio 1		<b>BODY COMBAT</b> 19:15-20:15 Mark   Studio 1			

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