

Group Exercise Timetable

Surrey Docks Watersports Centre - New Timetable.

Day	Time From and To	Class	Instructor	Location	Level
Monday	07:15 - 08:15	Circuit Training	James	Studio 2	All
Monday	10:00 - 11:00	Strictly Ballroom	Stephen	Studio 1	50+
Monday	11:00 - 11:45	Spin Cycle	Justina	Spinning Studio	All
Monday	12:00 - 13:00	Body Conditioning	Justina	Studio 2	All
Monday	18:00 - 19:00	Legs, Bums, Abs	Yanina	Studio 2	All
Monday	18:30 - 19:15	Spin Cycle		Spinning Studio	All
Monday	19:00 - 20:00	Sivananda Yoga	Mary	Studio 2	All
Monday	19:00 - 20:00	Strictly Ballroom	Stephen	Studio 1	All
Monday	19:30 - 20:15	Spin Cycle		Spinning Studio	All
Monday	20:00 - 21:00	Pilates	Antoinette	Studio 1	All
Tuesday	07:15 - 08:00	Breakfast Spin	Jill	Spinning Studio	All
Tuesday	11:00 - 12:00	Step Aerobics	James	Studio 2	All
Tuesday	12:00 - 12:45	Spin Cycle	James	Spinning Studio	All
Tuesday	18:00 - 19:00	Sculpt 'n' Tone	Charlotte	Studio 2	All
Tuesday	18:15 - 19:00	Spin Cycle	Andy	Spinning Studio	All
Tuesday	19:00 - 20:00	Circuits	Charlotte	Studio 2	All
Tuesday	19:00 - 20:00	Legs, Bums, Abs	Andy	Studio 1	All
Tuesday	20:00 - 21:00	Aerobics	Andy	Studio 2	All
Tuesday	20:00 - 21:30	Yoga	Hamilton	Studio 1	All
Wednesday	07:15 - 08:15	Boxerfit	James	Studio 2	All
Wednesday	11:00 - 11:45	Spin Cycle	Andy	Spinning Studio	All
Wednesday	12:00 - 13:00	Legs, Bums, Abs	James	Studio 2	All
Wednesday	14:00 - 15:00	Silver Studio Session (tbc)		Studio 1	50+
Wednesday	18:00 - 19:00	Aerobics	Andy	Studio 2	All
Wednesday	18:30 - 19:15	Spin & Abs	Charlotte	Spinning Studio	All
Wednesday	19:00 - 20:00	Boxercise	Andy	Studio 2	All
Wednesday	20:00 - 21:00	Body Balance	Hamilton	Studio 1	All
Thursday	11:00 - 12:00	Swiss Ball	James	Studio 2	All
Thursday	12:00 - 12:45	Spin Cycle	James	Spinning Studio	All
Thursday	18:00 - 19:00	Body Pump	Jill	Studio 2	All
Thursday	18:30 - 19:15	Spin Cycle	Lance	Spinning Studio	All
Thursday	19:00 - 20:00	Swiss Ball	Charlotte	Studio 2	All
Thursday	19:30 - 20:15	Spin Cycle	Jill	Spinning Studio	All
Thursday	20:00 - 21:00	Aerobics	Antoinette	Studio 2	All
Thursday	20:00 - 21:00	Body Combat	Vicky	Studio 1	All
Friday	11:00 - 11:45	Spin Cycle	Andy	Spinning Studio	All
Friday	19:00 - 20:00	Latin Aero	Yanina	Studio 1	All
Saturday	09:15 - 10:15	Body Pump	Jill	Studio 1	All
Saturday	10:15 - 11:00	Spin Cycle	Jill	Spinning Studio	All
Saturday	11:00 - 12:00	Circuit Training	Jill	Studio 2	All
Saturday	12:00 - 13:00	50+ Latin Dance	Olga	Studio 1	50+
Saturday	13:00 - 14:00	Zumba	Olga	Studio 1	All
Saturday	14:00 - 14:45	Spin Cycle	James	Spinning Studio	All
Saturday	15:00 - 16:00	Legs, Bums, Abs	James	Studio 2	All
Saturday	16:00 - 17:00	Pilates	Rachael	Studio 1	All
Sunday	09:15 - 10:15	Aerobics	Jill	Studio 2	All
Sunday	10:15 - 11:00	Spin Cycle	Jill	Spinning Studio	All
Sunday	14:00 - 14:45	Spin Cycle	Lance	Spinning Studio	All
Sunday	15:00 - 16:00	Body Pump	Lance	Studio 2	All
Sunday	16:00 - 17:30	Yoga (90 Minutes)	Hamilton	Studio 1	All