

FITNESS CLASS TIMETABLE

from 2nd September 2019

DAY	LOCATION	CLASS	TIME	INSTRUCTOR
MONDAY	Conference Room	Group Cycling	9am	Sarah Gatehouse
	Studio	HIIT	9.30am	Kat Fikke
	Function Room	Freestyle Step	10am	Danielle Everton
	Studio	Pilates	10.30am	Kat Fikke
	Function Room	Body Pump	11am	Jaimie Moore
	Studio	Freestyle Aerobics	11.30am	Danielle Everton
	Function Room	Body Balance	12noon	Tanya Kellaway
	Conference Room	Group Cycling	5.30pm	Sarah Leemans
	Conference Room	Group Cycling	6pm	Sarah Leemans
	Function Room	Body Pump	7pm	Carla Lucas
TUESDAY	Studio	Freestyle Step	9.30am	Rebecca Wright
	Studio	Body Balance	10.30am	Rebecca Wright
	Studio	HIIT	11.30am	Olga Twomey
	Studio	Core Fit	12.30pm	Lynda Price
	Studio	Aspirations	1.30pm	Lynda Price
WEDNESDAY	Studio	HIIT	9.30am	Kat Fikke
	Studio	LBT	10.30am	Kat Fikke
	Conference Room	Group Cycling	6pm	Sarah Gatehouse
	Conference Room	Group Cycling	6.30pm	Sarah Gatehouse
THURSDAY	Studio	HIIT	9.30am	Kat Fikke
	Studio	Body Balance	10.30am	Kat Fikke
	Studio	Core Fit	11.30am	Sarah Gatehouse
	Studio	Dementia Friendly Fitness	12.30pm	Sarah Gatehouse
	Studio	Strong and Sturdy	2pm	Lynda Price
FRIDAY	Conference Room	Group Cycling	9.15am	Cathy Price
	Conference Room	Group Cycling	9.45m	Cathy Price
	Studio	Zumba	10.30am	Tanya Kellaway
	Function Room	Body Pump	10.30am	Sarah Keen
	Studio	Core Fit	11.30am	Sarah Gatehouse
	Function Room	Body Balance	11.30am	Sarah Keen

For bookings and FAQs please visit www.camberleytheatre.co.uk/new/whats-on/fitness-classes, email contact.centre@surreyheath.gov.uk or call 01276 707 100