

## MONDAYS

- 9.15am-10.00am Spin Sammy
- 9.15am-10.00am Box & Burn Becky
- 10.15am-10.45am Dance Fit Sammy
- 10.15am-10.45am Gym Cardio Becky
- 4.30pm-5.15pm Legs, Bums & Tums Neil
- 5.30pm-6.15pm Legs, Bums & Tums Amanda
- 5.45pm-6.30pm Strong Nation Sammy
- 6.00pm-6.45pm Spin Becky
- 6.30pm-7.15pm Step Aerobics Amanda
- 6.45pm-7.30pm Box & Burn Sammy
- 7.00pm Run Club - Beginners Oakwood BD

## TUESDAYS

- 9.15am-9.45am Metacon Sammy
- 10.00am-10.45am Spin Joe
- 10.00am-10.30am Bodyweight HIIT Sammy
- 1.00pm-2.00pm Pilates Cathy
- 5.00pm-5.45pm Step Aerobics Amanda
- 5.45pm-6.30pm Conditioning Circuits John R
- 5.45pm-6.15pm Spin John C
- 6.30pm-7.15pm HYROX Ash
- 7.20pm-8.05pm HYROX Ash
- 6.40pm-7.30pm Pump John C

## WEDNESDAYS

- 9.15am-9.45am Spin Becky
- 9.15am-9.55am Combat Cathy
- 10.00am-10.45am Spin & Lift Becky
- 10.00am-10.45am Fitness Pilates Cathy
- 11.00am-11.45am Kickfit Lisa
- 12.00pm-12.45pm Legs, Bums & Tums Amanda
- 5.45pm-6.30pm Spin Becky
- 6.00pm-6.45pm Conditioning Circuits John R
- 6.00pm-6.45pm Body Blitz Sammy
- 7.00pm-7.45pm Zumba Club Fit Sammy

## THURSDAYS

- 9.15am-10.00am Conditioning Circuits John R
- 10.15am-10.45am Spin John R
- 10.15am-10.45am Swiss Ball Toning Joe
- 5.15pm-6.00pm Pump Sammy
- 6.00pm-6.45pm Box & Burn Becky
- 6.30pm-7.30pm HYROX Ash & Sammy
- 7.00pm-7.45pm Run Club - General Oakwood BD

## FRIDAYS

- 9.15am-9.45am Spin Joe
- 9.15am-9.45am Metacon John C
- 10.00am-10.45am Spin John C
- 10.00am-10.45am Barbell Strength Joe
- 6.00pm-6.45pm Conditioning Circuits John R

## SATURDAYS

- 9.00am-9.45am Box & Burn Joe
- 9.00am-9.45am Strong Nation Sammy
- 10.00am-10.45am Zumba Sammy

## SUNDAYS

- 9.00am Run Club - Long Oakwood BD



Scan QR for live timetable  
(availability, changes, class cover)  
and to download the Clublink app.

- Outdoor classes in covered spaces

Running Club is organised by the Oakwood Black Dogs.  
It is free to all. Meeting place is sports centre car park.



@oakwoodsportscentre @horleyhyrox