

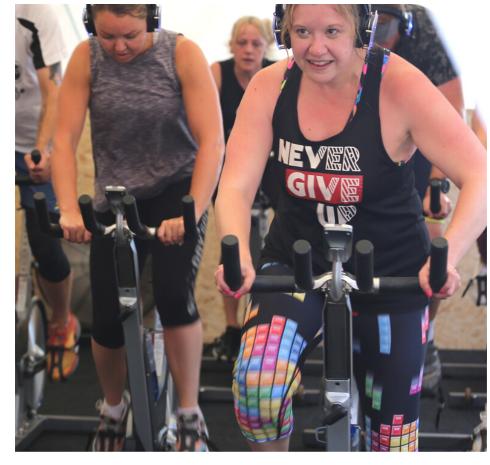
Group classes

Sep-Oct 2022









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	Amanda
5.30pm-6.15pm	Legs, Bums & Tums	Amanda
• 5.45pm-6.30pm	Combat	Cathy
• 6.00pm-6.30pm	Spin	Becky
6.30pm-7.15pm	Step Aerobics	Amanda
• 6.45pm-7.15pm	Spin	Becky
• 6.45pm-7.30pm	Box & Burn	Sammy

TUESDAYS

• 9.15am-9.45am	Spin	Jez
• 9.15am-9.45am	Metacon	Sammy
• 10.00am-10.30am	Spin	Jez
• 10.00am-10.30am	Strong Nation	Sammy
• 10.45am-11.15am	Dance Fit	Sammy
• 12.00pm-1.00pm	Pilates	Cathy
5.00pm-5.45pm	Step Aerobics	Amanda
• 5.45pm-6.30pm	Power 45 - Beginners	John R
• 5.45pm-6.15pm	Spin	John C
6.30pm-7.30pm	Pump	John C
• 6.45pm-7.30pm	Power 45	John R

WEDNESDAYS

• 9.15am-9.45am	Spin	Becky
• 9.15am-9.55am	Combat	Cathy
• 10.00am-10.45am	Spin	Becky
• 10.00am-10.45am	Fitness Pilates	Cathy
• 12.00pm-12.45pm	Legs, Bums & Tums	Amanda
• 5.00pm-5.45pm	Box & Burn	Joe
• 6.00pm-6.45pm	Power 45	Dan M & John
6.00pm-6.45pm	Body Blitz	Sammy
• 6.00pm-6.45pm	Spin	Marie
• 7.00pm-7.30pm	Spin	Marie
• 7.00pm-7.45pm	Power 45	Dan M & John
7.00pm-8.00pm	Zumba	Sammy



Please use the Clublink App to check for class changes and cover before booking



Outdoor classes in covered, heated spaces

THURSDAYS

• 9.15am-10.00am	Spin	Clare
• 9.15am-10.00am	Power 45	Jez
• 10.15am-10.45am	Spin	Jez
• 10.15am-10.45am	Swiss Ball Toning	Clare
• 11.00am-11.45am	Yoga	Francesca
• 5.00pm-5.45pm	Power 45	Joe
5.30pm-6.15pm	Body Blitz	Sammy
• 6.00pm-6.45pm	Spin	Joe
• 6.00pm-6.45pm	Box & Burn	Becky
6.20pm-6.50pm	Strong Nation	Sammy
• 7.00pm-7.30pm	Spin	Becky
7.00pm-7.45pm	Pump	Sammy

FRIDAYS

• 9.15am-9.45am	Spin	Clare
• 9.15am-9.45am	Metacon	John C
• 10.00am-10.45am	Spin	John C
• 10.00am-10.30am	Swiss Ball Core	Clare
• 11.30am-12.10pm	Dance Fit	Cathy
• 12.15pm-12.55pm	Combat	Cathy
• 1.00pm-1.45pm	Barre	Cathy
• 6.00pm-6.45pm	Power 45	John R

SATURDAYS

• 9.00am-9.45am	Box & Burn	Joe
9.00am-9.45am	Strong Nation	Sammy
• 10.00am-10.45am	Spin	Becky
10.00am-10.45am	Pump	Joe
• 10.00am-10.45am	Zumba	Sammy

SUNDAYS

• 9.00am-9.45am Kettlebells Sophie C

SMALL GROUP TRAINING

Two SGT courses starting Sept - "Learn to Lift" and "Conditioning". Both taken by Dan M.
Non mem: £70, Oakwood mem: £50
6 week courses. Details on request.

Oakwood Sports Centre, Horley: 01293 822238 www.oakwoodsportscentre.com