Surbiton Racket & Fitness Club

Studio Timetable

To book onto a class, please call us on 020 8399 1594

SURBITON RACKET & FITNESS CLUB

Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00							
08:30							
09:00						Circuits 09:00-10:00 Ju	
09:30	Beat Box 9.30 - 10.30 K		Legs, Bums & Tums 9.30 - 10.30 N		Impact Conditioning 9.30 - 10.30 K		£ Pilates 9:30-10:30 A
10:00		I					
10:30						Self Balance 10.15 - 11.00 Jul	
11:00	£ Yoga 11:00-12:15 S		£ Beginners Yoga 11:00-12:00				
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30		£ Dance Stars 15:45 - 18.00 Jnr Classes ages 2-15 Contact Clare Rowland 07753 748819	£ Dance Stars 16.00 - 18.50 Jnr Dance Classes Contact Clare Rowland 07753 748819	£ Dance Stars 15:45 - 18:30 Jnr Classes ages 2-15 Contact Clare Rowland 07753 748819			
16:00							
16:30							
17:00							
17:30							
18:00		£ Junior Gym 18.00 - 19.00 Ju					
18:30							
19:00		£ Pilates 19:00-20:00 A	Boot Camp Circuits 19.00 - 20.00 D	Hula-Hoop 18.30 - 19.30 K	Street Dance 19:15-20:15 C		
19:30	Indoor Cycling 19.30-20:15 Ju						
20:00		£ Pilates 20:00-21:00 A		Impact Conditioning 19.30 - 20.30 K			
20:30	Boxercise 20:30-21:30 Ju		Indoor Cycling 20.15 - 21.15 D				
21:00							
21:30							
22:00							
22:30							

KEY

- Strength and Conditioning
- High Energy
- Balance & Vitality
- Other
- £ Additional Charge

Please be aware that the class timetable can change so we recommend that you call the Club prior to your visit to book onto a class.